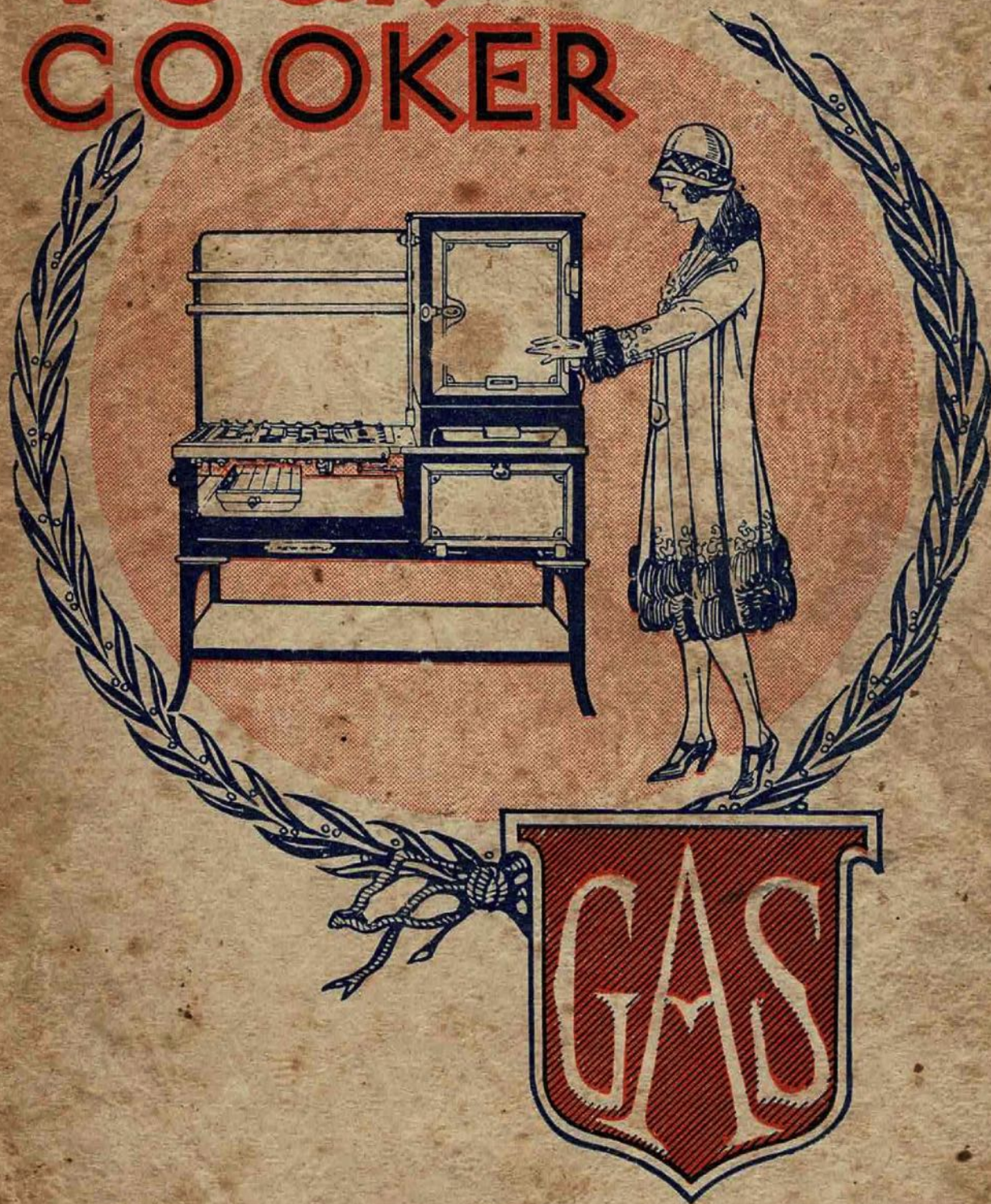


SARAH LEYER

CHOOSING YOUR COOKER



THE
IMPORTANCE
OF CHOOSING A
GOOD COOKER



THE
AUCKLAND GAS COY.
LIMITED

SHOWROOMS

WYNDHAM STREET CITY
CORNER OF PITT AND BERESFORD STREETS
VICTORIA ROAD, DEVONPORT
QUEEN STREET, ONEHUNGA
HALL'S CORNER, TAKAPUNA
ST. HELIER'S BAY
GREAT SOUTH ROAD, OTAHUHU

TELEPHONES

43-840
46-444
22-347
12-262
23-237
15
147

DEPOTS:

TAKAPUNA	ONEHUNGA	OTAHUHU
CLONBERN ROAD	GOLF ROAD	KENSINGTON AVENUE
ASQUITH AVENUE	AVONDALE	NEW LYNN

Works: City and Devonport

USE GAS FOR ECONOMY

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USE GAS FOR LABOUR-SAVING

CHOOSING YOUR COOKER



WHEN selecting a cooking appliance for your home it must be remembered that properly cooked food is one of the most important necessities of our daily life.

Your happiness largely depends on your health, and your health is determined to a great extent by the food you eat and how well it is cooked.

Badly cooked food means inordinate waste and a prejudicial effect on health. Food to be cooked properly must be prepared in an oven that is at the right temperature. By having the oven too hot, the result is undue loss in weight and nourishment. Again, if the oven is too slow, the moisture is not properly extracted from the food being cooked, and the latter becomes stodgy and does not keep so well.

These facts apply no matter what kind of cooker is used.

THE GAS COOKER

OWING to its easy and simple manipulation, and the great range of temperatures at which it can be used, the Gas Cooker enables all classes of cooking to be carried out to perfection.

The right degree of heat at the right time AND for the right length of time—therein lies the secret of good cooking. This is assured with a Gas Cooker.

With a Gas Cooker, all your cooking is done in the one place. You do not have one appliance here for one class of cooking and another appliance somewhere else for a different class, and so on.

The Gas Cooker is completely self-contained.

USE GAS FOR GOOD COOKING

THE GAS COOKER

THE HOTPLATE

ALTHOUGH on the whole, more care has to be taken with dishes cooked in the oven, it should be realised that 75 per cent. of your cooking is done on the Hotplate (the top of the Cooker). When water has to be boiled or heated; when frying, toasting or grilling have to be done; when you have soups, stews, curries, gravies or boiled puddings to cook—it is the Hotplate you use.

With all this cooking to be done on it, the Hotplate should be **Quick, Efficient and Economical.**

HIGH EFFICIENCY BURNERS

ALL the Gas Cookers illustrated in this Booklet are fitted with High Efficiency Burners, the latest development in Hotplate Burners.

With these Burners the flame is always close to the saucepan or kettle, no matter whether the Gas is full on, or turned down for simmering. The result is that no gas is wasted—all the heat is concentrated on the bottom of the utensil.

These burners can be adjusted to give a fierce flame for quick boiling; a low flame for gentle simmering; or any intermediate degree of heat. (See page 21.)

THE OVEN

To cook with a minimum of labour and the greatest economy, the oven should be sufficiently large for a joint, vegetables, a pie and a batch of scones to be baked with the one heating.

The oven, to get the best results, should be double-cased and packed with non-conducting material so that all the heat is retained inside the oven. The temperature of the oven should be under absolute control, to suit various kinds of cooking, and any degree of heat from cold up to 500 degrees should be easily attained.

When once the oven is properly heated the gas should be turned down to just sufficient to maintain an even temperature. With the "New World," "Eureka New World," and "New World Junior" Cookers the "Regulo" automatically turns down the gas and maintains the right heat. (See pages 17 and 19.)

USE GAS FOR EFFICIENCY

THE GAS COOKER

All the Cookers illustrated in this Booklet, and every Cooker stocked by the Company are of the finest British construction and workmanship, neat and attractive in appearance, and are absolutely dependable.

We have experts constantly testing Gas Cookers in order that our stocks shall always include the best obtainable.

THE COOK

THE good cook takes a pride in her cooker. She will see that it is kept clean. This is a simple matter and one which may mean the difference between well-cooked dishes and badly-cooked ones. A dirty cooker is bound to smell, and is, of course, unhygienic.

OUR SERVICE

COOKERS can be purchased for Cash or on very easy terms to suit the consumer.

All Cookers sold by us are fixed with 30 feet of pipe, 2 feet of flue tube, and flue elbow—FREE. Estimates given free for additional piping, flue, or hoods if required.

With each Gas Cooker we supply (excepting the "New World," "Eureka New World" and "New World Junior"), there are two Grid Shelves, two Scone Trays and one Browning Shelf.

Browning Shelves are not required with the "New World," "Eureka New World," and "New World Junior" Cookers.

SPARE PARTS

We carry a complete range of spare parts for all our stock Cookers.

Whenever a part wants renewing, consumers can rely on its being in stock and on getting it at the very lowest price. New parts are fitted by our own trained workmen and are warranted to give satisfaction.

MAINTENANCE

MANY people blame the Gas when all that is the matter is that the Cooker wants cleaning and adjusting. Keep your Cooker clean and then, if it does not cook well, let us know—write, 'phone or call—and we will send an experienced workman to adjust the Burners **without** charge.

It is to your interest to get the best results from your Cooker; it is to our interest to help you to do so; and you can depend on us doing OUR part if you will let us know.

USE GAS FOR DEPENDABILITY

COOKING DEMONSTRATIONS

COOKING demonstrations are held periodically at our various Branches as follows:—

At Demonstration Rooms, "Gas" Building, corner of Pitt and Beresford Streets—every Monday, Wednesday and Friday, from 2.30 to 4 p.m., and every Friday evening from 7.30 to 8.30 p.m.

At Onehunga—The first and third Friday in every month, from 2.30 to 4 p.m., and the third Friday evening in the month, from 7.30 to 8.30 p.m.

At Otahuhu—The Fourth Friday in each month 2.30 to 4 and 7.30 to 8.30 p.m.

At Takapuna—The Second Friday in each month 2.30 to 4 and 7.30 to 8.30 p.m.

At Devonport—The last Friday in every month, from 2.30 to 4 p.m., and 7.30 to 8.30 p.m.



At these demonstrations, thorough instruction is given in cooking all kinds of dishes.

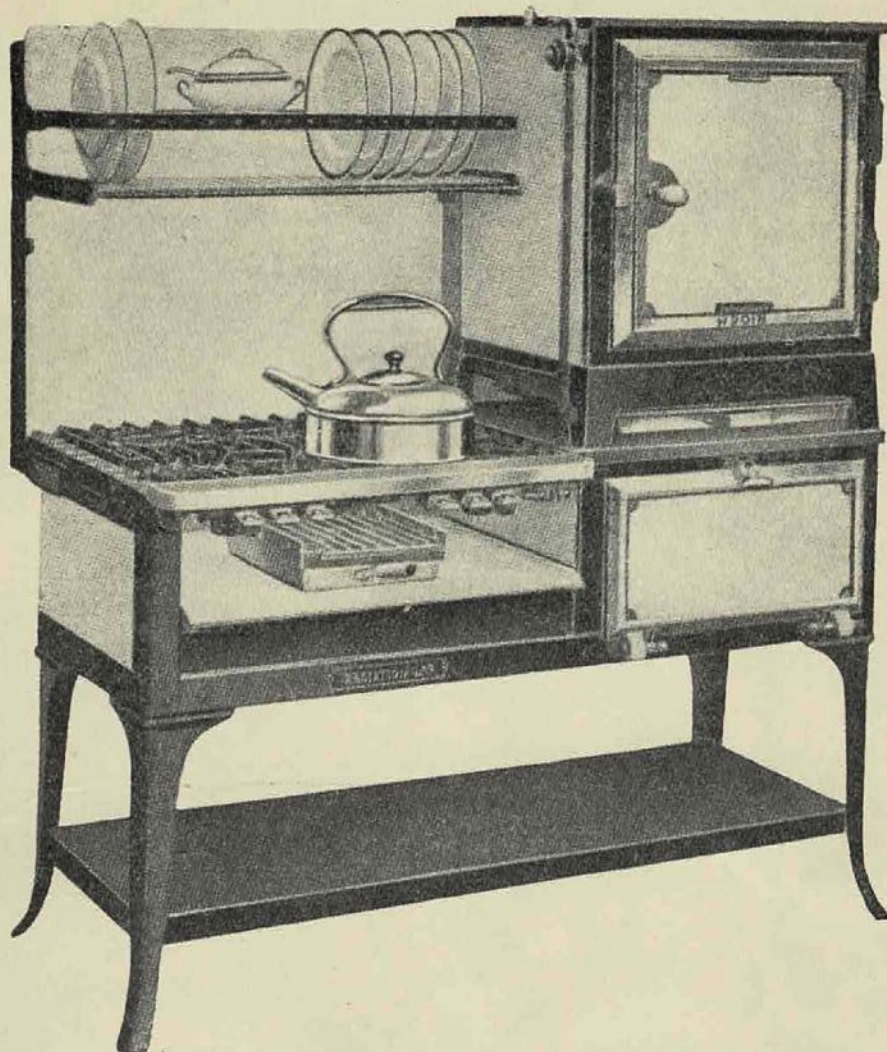
The demonstrator cooks a complete dinner, consisting of fish, entrees, roasts, vegetables and sweets. Cakes and scones, puddings and other dishes are also made.

Special dishes will be cooked providing a week's notice is given. Advice is freely supplied, and any questions answered.

If you are unable to come to these demonstrations, appointments may be made for the demonstrator to call and give instruction at private houses, free of charge.

USE GAS FOR GOOD COOKING

THE "NEW WORLD" EYE-LEVEL COOKER



The many labour-saving advantages of this type of cooker, which gives one level for all cooking operations, have made it very popular with those who have the little extra kitchen space needed for its accommodation. In the above Cooker, the well-known "New World" Economy Oven, with its "Regulo" Automatic Heat-Controller (see page 17) and three and four position boiling burners (see page 21) make up a cooking apparatus which, while luxurious to use, cuts down gas-cooking costs to pre-war figures. All bright parts, including taps, nickel plated.

DIMENSIONS

No. of Cooker	Overall Height	Overall Width	Overall Depth (front to back)	Inside Size of Oven			Inside Size Hot Closet			Size of Hot-plate		Door Opening
				Height	Width	Depth	Height	Width	Depth	Width	Depth	
H 2015	ins. 57	ins. 51	ins. 25	ins. 22 $\frac{1}{2}$	ins. 14 $\frac{1}{2}$	ins. 15 $\frac{3}{8}$	ins. 11	ins. 19 $\frac{1}{2}$	ins. 18 $\frac{1}{2}$	ins. 23	ins. 24	ins. 14 $\frac{1}{2}$ X 18
H 2016	57	51	25	22 $\frac{1}{2}$	15 $\frac{3}{8}$	15 $\frac{3}{8}$	11	19 $\frac{1}{2}$	18 $\frac{1}{2}$	25	24	16 X 18
H 2018	57	55	25	22 $\frac{1}{2}$	17 $\frac{1}{2}$	15 $\frac{3}{8}$	11	21 $\frac{1}{2}$	18 $\frac{1}{2}$	27	24	18 X 18

USE GAS FOR CLEANLINESS

USEFUL RECIPES

SOUPS

STOCK

Ingredients—

2 lbs. meat and bones (beef, veal, mutton)	1 teaspoonful salt
3 pts. water	$\frac{1}{4}$ teaspoonful pepper
1 onion	4 peppercorns
1 carrot	4 cloves
$\frac{1}{2}$ turnip	a bunch of herbs
3 sticks celery	

Method—

(1) Remove fat from meat. Wash bones. (2) Cut up meat and break up the bones. (3) Put into saucepan, add cold water, salt and pepper. (4) Bring to boil, slowly. (5) Add vegetables and herbs. (6) Simmer for 5 hours. (7) Strain through colander.

CREAM BARLEY SOUP

Ingredients—

1 lb. scrag end of mutton	$\frac{1}{2}$ teaspoonful salt
1 tablespoon barley	$\frac{1}{4}$ teaspoonful pepper
1 potato	3 cups water
1 carrot	$\frac{1}{2}$ cup milk
1 onion	1 tablespoonful flour
$\frac{1}{2}$ turnip	

Method—

(1) Put meat into saucepan, add water, salt and pepper. (2) Bring to boil. (3) Wash barley and add to soup. (4) Prepare vegetables, cut up roughly, add to soup and simmer 2 hours. (5) Mix flour to a smooth paste with a little water. (6) Add milk to soup, pour in thickening, stir till boiling. (7) Boil 5 minutes.

POTATO SOUP

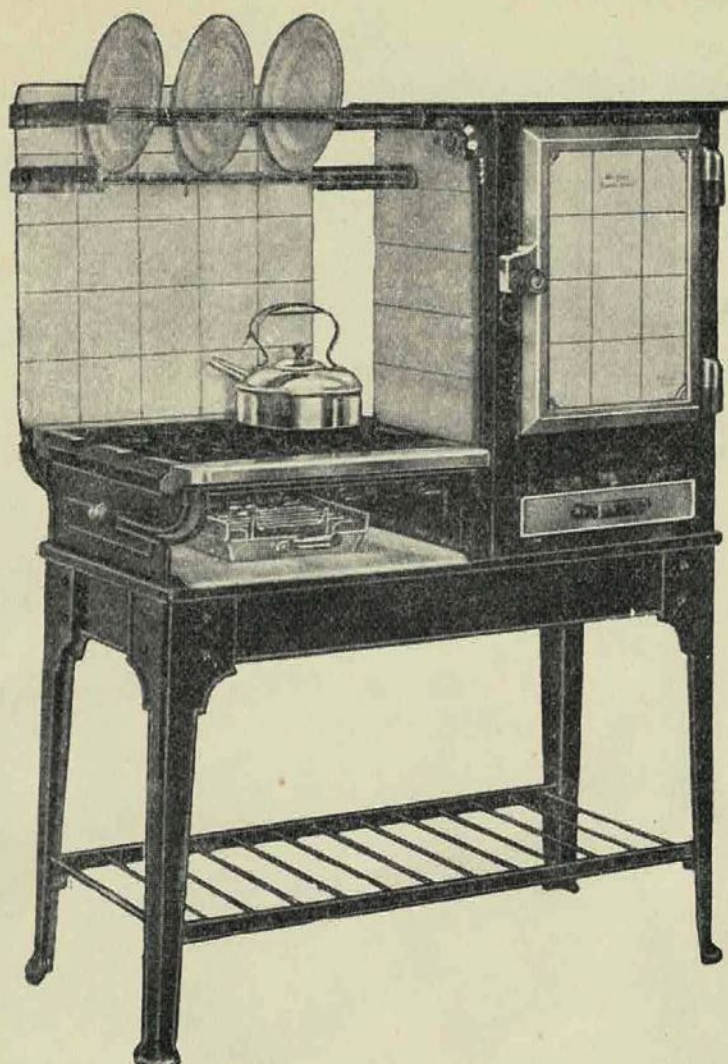
Ingredients—

2 large potatoes	1 tablespoon flour
1 small onion	$\frac{1}{2}$ teaspoon salt
a piece turnip and parsnip	pepper
1 stick celery	1 tablespoonful dripping
1 cup milk	

(Continued on page 8)

USE GAS FOR CLEANLINESS

THE "NEW WORLD JUNIOR" EYE-LEVEL COOKER



Similar to the "New World," the "New World Junior" Eye-level Cooker, with the "Regulo" attachment (see page 17) is becoming an extremely popular model.

The stooping, lifting of heavy joints, etc., and the necessity of standing in front of the oven to manipulate utensils on the hotplate are entirely avoided.

Notwithstanding the fact that the oven and hotplate are placed side by side, this cooker is very compact and does not take up as much space as may be expected.

DIMENSIONS

No. of Cooker	Overall height	Overall width	Overall depth (front to back)	Inside Size of Oven			Size of Hotplate		Door Open'g
				Height	Width	Depth	Width	Depth	
	ins.	ins.	ins.	ins.	ins.	ins.	ins.	ins.	ins.
G55	54¾	42	24	24½	13	13½	20	20	18 x 13
G77	54¾	47	25	24½	14½	13½	22	20	18 x 14½
G99	54¾	50	25	24½	16	13½	24	20	18 x 16

USE GAS FOR DEPENDABILITY

USEFUL RECIPES

Method—

(1) Peel and slice vegetables. (2) Melt dripping in saucepan, add vegetables, cook for 5 minutes without browning. (3) Add water or stock and simmer till tender. (4) Rub through a sieve. (5) Return to saucepan; add salt and pepper. (6) Mix flour to a smooth paste with milk. (7) Add to puree, stir till boiling. (8) Serve with croûtons.

LENTIL SOUP

Ingredients—

1 pint water or stock	mint
$\frac{1}{4}$ lb. lentils	$\frac{1}{2}$ teaspoonful salt, pepper
1 small onion	$\frac{1}{2}$ teaspoonful butter
1 carrot	1 tablespoon flour
1 stick celery or celery salt	

Method—

(1) Wash lentils and soak overnight. (2) Put into saucepan, add water and bring to boil. (3) Slice vegetables and add to soup. (4) Cook gently till soft. (5) Rub through a sieve. (6) Return to saucepan. (7) Mix flour to a smooth paste with milk. (8) Add to soup. Stir till boiling. (9) Add butter and serve with croûtons.

CREAM VEGETABLE SOUP

Ingredients—

1 cup vegetables	pepper
2 cups water	$\frac{1}{2}$ cup white sauce
$\frac{1}{4}$ teaspoon salt	

Method—

(1) Prepare vegetables and cut up finely. (2) Put into saucepan, add water, salt and pepper, and bring to the boil. (3) Cook until vegetables are tender, then rub through a sieve. (4) Make white sauce and add to vegetable puree. (5) Boil 2 minutes. (6) Serve with croûtons.

FISH

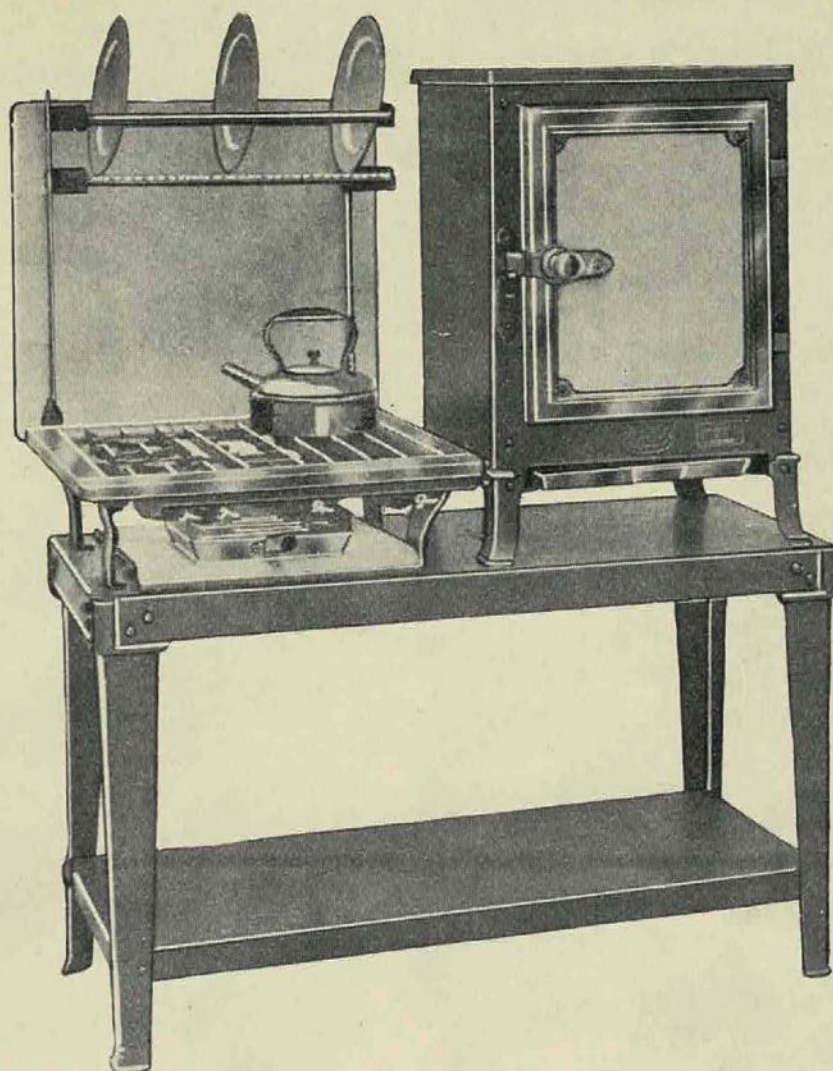
TO PREPARE FISH FOR COOKING—

Clean the fish and wipe thoroughly. Cut off the fins and tail with scissors. If a scaly fish, scrape the scales off with a knife.

(Continued on page 10)

USE GAS FOR BETTER SERVICE

THE "ERA" EYE-LEVEL COOKER



Where the additional space is available, the arrangement of the "Era" Eye-level Cooker will be appreciated. The Hotplate and the oven are placed on a convenient stand and so arranged that stooping is unnecessary.

The "Era" Eye-level is a high grade cooker, and is beautifully finished; the black parts are stove-enamelled, and the bright parts, including taps, are finished either nickel-plated or bright steel.

The Oven is roomy and lined, and the door is fitted with a white enamelled panel.

The Hotplate is fitted with the latest pattern High-Efficiency Burners, well spaced for economical cooking.

DIMENSIONS

Overall height	Overall width	Overall depth (front to back)	Inside Size of Oven			Size of Hotplate		Door Open'g	
			Height	Width	Depth	Width	Depth	width	depth
ins. 55	ins. 43	ins. 24	ins. 24	ins. 14¼	ins. 12	ins. 22	ins. 21	ins. 14½	ins. 17½

USE GAS FOR GOOD COOKING

USEFUL RECIPES

STEAMED FISH

SMALL FLOUNDER OR FILLETED FISH

Method—

(1) Place the prepared fish on a buttered plate. (2) Sprinkle with pepper and salt and cover with a piece of buttered paper. (3) Steam over a saucepan of boiling water. (4) When fish looks white and milky it is cooked. (5) Serve plain or pour white sauce over. Time, half an hour for thick piece, 20 minutes for thin piece.

BOILED FISH

TIME: If *white* fish, 10 minutes to every pound, and 10 minutes over.

If *oily* fish, 15 minutes to every pound, and 15 minutes over.

Method—

(1) The water must be boiling. Add one teaspoon salt and one tablespoon vinegar. (2) Lay the fish on a plate, tie up the plate in a piece of butter cloth; plunge into the boiling water and simmer gently, so that the fish may not break. (3) When done lift out and drain; slide on to a hot dish and pour a sauce over it. When using a fish kettle the fish is placed on the perforated slide instead of on a plate.

FRIED FISH

DIFFERENT WAYS OF FRYING

- (1) With egg and breadcrumbs.
- (2) With milk and flour mixed to a thin paste.
- (3) In milk and oatmeal.
- (4) In batter.

WHEN USING MILK AND FLOUR, USE

1 level tablespoon flour	1 tablespoon milk
$\frac{1}{2}$ teaspoon salt	pepper

Mixed to a thin paste, for one fillet.

FRIED FISH IN BATTER

Method—

(1) Prepare fish. (2) Dip fish into flour seasoned with pepper and salt. (3) Dip fish into batter, using two forks. (4) Fry in smoking hot fat till a light brown on both sides. Time: About 6 to 7 minutes.

FISH PIE

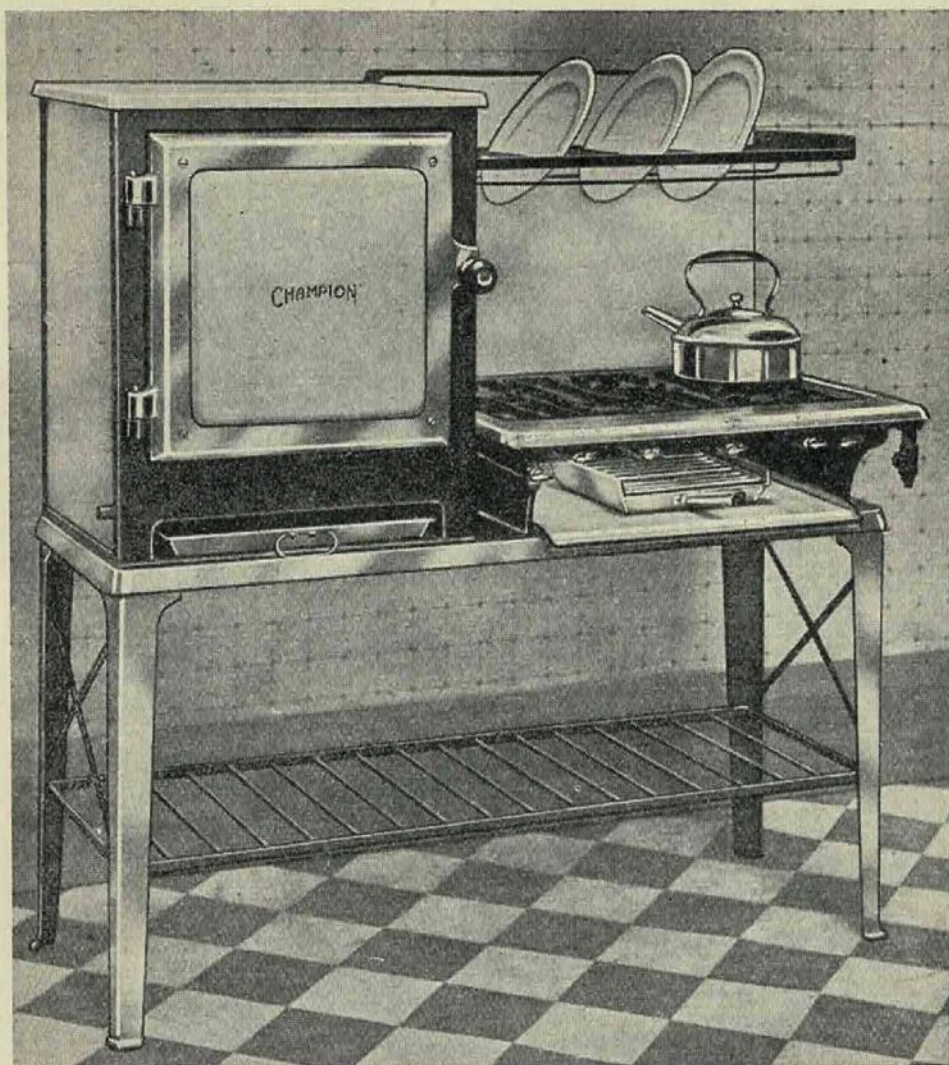
Ingredients—

1 cup cooked fish	$\frac{1}{2}$ cup white sauce
1 cup mashed potatoes	salt and pepper

(Continued on page 12)

USE GAS FOR SATISFACTION

"CHAMPION" EYE-LEVEL COOKER



The "Champion" Eye-level Cooker, **made in New Zealand** to meet the requirements of New Zealanders, is a credit to every kitchen in which it is installed.

The Hotplate has been designed with careful regard to cleanliness, and is fitted with the latest high efficiency boiling burners and hotplate bars.

The Oven is lined throughout with porcelain enamelled sheets and packed with non-conducting material to retain heat. The exterior of the oven is finished in white enamel, and the door is fitted with white enamel panel.

All Bright Parts, including Taps, Nickel Plated

Professor Strong, Home Science Department, selected this make of Gas Cooker for the Model Kitchen, N.Z. and South Seas Exhibition, in preference to all others.

DIMENSIONS

height	Overall width	Overall depth (front to back)	Inside Size of Oven			Size of Hotplate		Door Open'g	
			Height	Width	Depth	Width	Depth	width	depth
ins. 49	ins. 44	ins. 21	ins. 22	ins. 15	ins. 12½	ins. 26	ins. 18½	ins. 15½	ins. 16

USE GAS FOR LABOUR-SAVING

USEFUL RECIPES

Method—

- (1) Remove skin and bone from the fish, and break it into small pieces. (2) Mix the sauce with it and put it into a pie-dish. (3) Cover with mashed potatoes. (4) Put a little dripping on top. (5) Bake in a moderate oven 20 minutes.

STUFFED FISH

Method—

- (1) Prepare fish, leaving it whole. Remove scales, wash thoroughly inside and out. Remove the eyes, dry fish and coat it with seasoned flour. (2) Mix stuffing, place inside fish and sew up. Place on greased paper; brush with melted fat. (3) Sprinkle with brown crumbs; cover with greased paper. (4) Cook in a fairly quick oven. (5) When cooked, remove carefully with fish slices and garnish with parsley and lemon.

STUFFING

USED FOR STUFFED FISH OF ANY KIND

Ingredients—

- 1 small cup of breadcrumbs
- 2 teaspoons chopped parsley
- 1 tablespoon dripping or butter
seasoning
- 1 tablespoon finely minced onion
- 1 egg to bind (or egg and milk)

FISH CAKES

Ingredients—

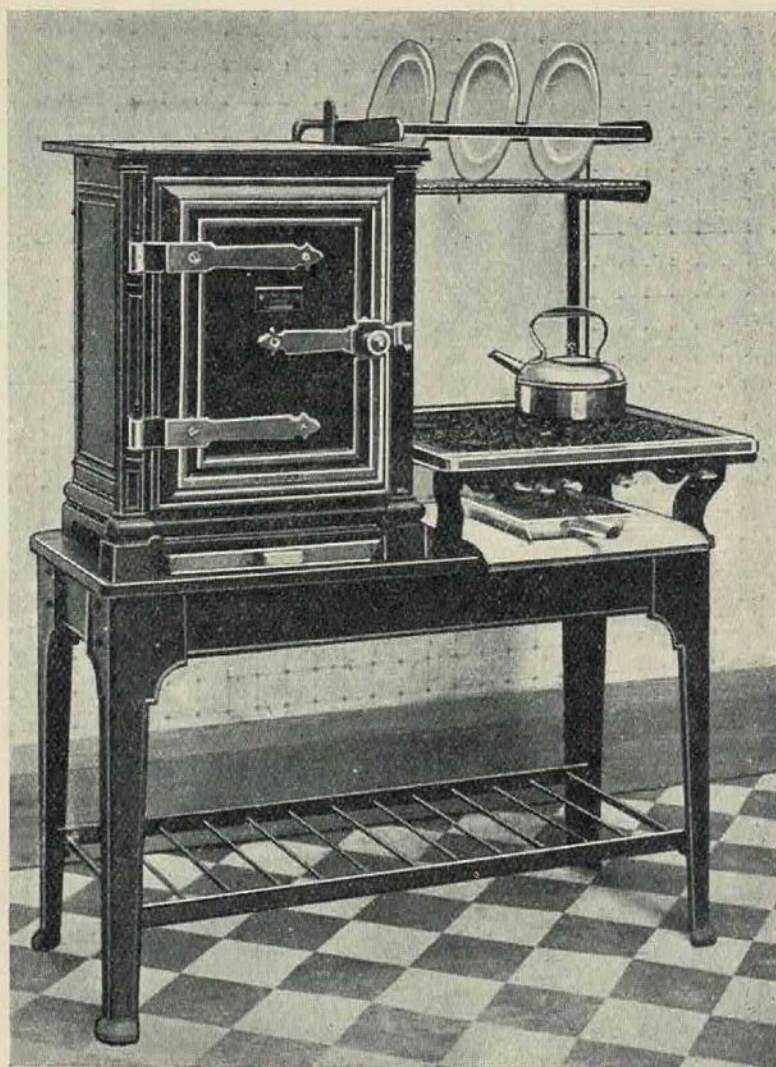
- 1 B. cup cold boiled fish, flaked or put through a mincer, or
tinned fish
- 1 B. cup cold boiled mashed potatoes
seasoning
- 1 tablespoon egg

Method—

- (1) Mix fish and potato well together. (2) Add all other ingredients. (3) Turn on to floured board. (4) Shape into flat cakes. (5) Roll in flour. (6) Fry in smoking hot fat until a nice brown.

USE GAS FOR LABOUR-SAVING

“TE WHARE” EYE-LEVEL COOKER



In the “Te Whare” Eye-level, you have a cooker that has been specially designed to meet the demand for an up-to-date cooker at a moderate price, at the same time having an attractive appearance.

The oven is single cased, with the exception of the door, which is packed and fitted with a porcelain enamelled lining.

The Hotplate has High Efficiency Burners, which are readily removed for cleaning.

DIMENSIONS

Overall height	Overall width	Overall depth (front to back)	Inside Size of Oven			Size of Hotplate		Door Open'g	
			Height	Width	Depth	Width	Depth	width	depth
ins. 55	ins. 41	ins. 23	ins. 24	ins. 14	ins. 12	ins. 22	ins. 21	ins. 14½	ins. 19

USE GAS FOR ECONOMY

USEFUL RECIPES

KEDGEREE

Ingredients—

1 teacup cooked fish
1 teacup rice
salt and pepper to taste

1 tablespoon butter
1 egg
parsley

Method—

(1) Boil the egg hard and chop the white. (2) Boil the rice until soft, then drain. (3) Flake the fish with two forks after removing skin and bones. (4) Melt butter in a pan, add rice, fish and seasonings, and chopped egg; make very hot. (5) Pile up on a hot dish, and sprinkle with hard-boiled yolk rubbed through a strainer, and the parsley finely chopped.

NOTE.—White sauce may be used instead of butter.

MEAT

TO BAKE MEAT

Method—

(1) Wipe, weigh, and trim meat. (2) Cover with seasoned flour and add fat if lean; place meat wrong side up. (3) Place in hot oven for ten minutes and then cook slowly. (4) Baste frequently and turn meat right side up when half done. (5) When cooked place meat on a hot plate and make the gravy thus: Pour off most of the fat, dredge some flour into the tin, allow to brown, add pepper and salt, and then gradually add stock or water. Boil a few minutes and then serve. (6) **TIME FOR COOKING:** *Mutton*, 15 minutes for each lb., and 15 minutes over. *Beef*, 20 minutes for each lb. and 20 minutes over. *Veal and Pork*, 30 minutes for each lb. and 30 minutes over. By using a roaster instead of baking dish, the meat does not require basting, and the oven is kept perfectly clean.

TO BOIL MEAT

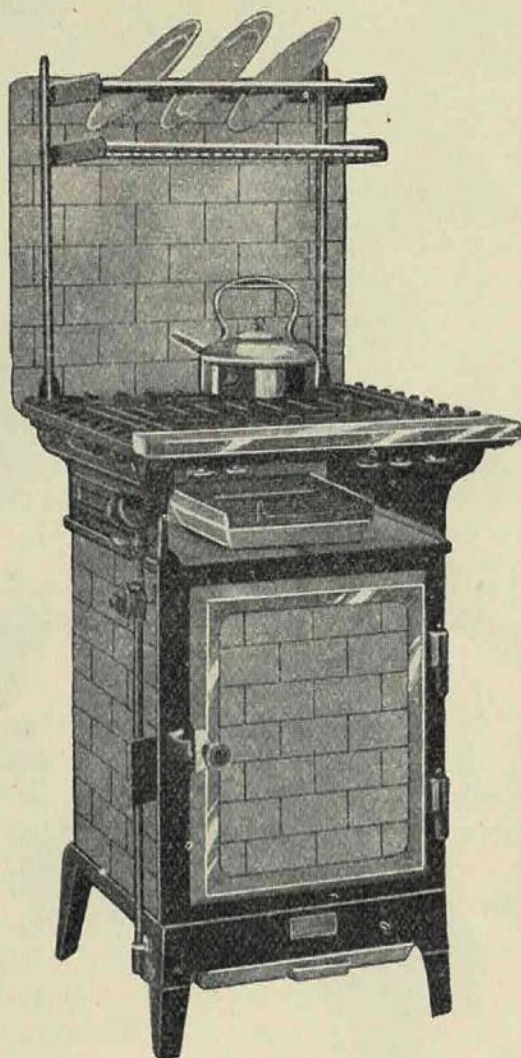
Method—

(1) Wipe, weigh and trim meat. (2) Plunge into boiling water, sufficient to cover meat. Boil from 7 to 10 minutes and then simmer gently until done. (3) Allow one teaspoon salt to every

(Continued on page 16)

USE GAS FOR CONVENIENCE

THE "NEW WORLD" COOKER



The "New World" Cooker is one of the most positive advances upon all existing types of domestic appliances, and the best in present-day cooker construction. Combined with the "Regulo" Automatic Heat-Controller (see page 17) it makes cooking a science. Such are the economies it effects, that cooking can be done at a cost for gas no greater than in pre-war days.


The "New World" is exceptionally well finished, the sides and the interior of the oven being lined with enamelled steel plates. The raising of the Cooker on cast-iron legs brings it well clear of the ground, reduces stooping, and permits easy cleaning underneath.

The Hotplate Bars, Boiling and Grill Burners (see page 21) and Grill-plates all lift out, and are easily cleaned without affecting the adjustment of the burners. The oven inside and burner are equally easy to keep clean, the whole Cooker being expressly designed to make cleaning very simple. All bright parts, including taps, nickel plated.


DIMENSIONS

No. of Cooker	Overall height with plate-rack	Overall width with plate-rack	Inside size of Oven			Size of hotplate		Height to top of Cornice	Door Opening
			Height from drip pan runner to top of oven	Width	Depth	width	depth		
	ins.	ins.	ins.	ins.	ins.	ins.	ins.	ins.	ins.
H15	59¼	24	22½	14¼	15¾	23	24	36	14½ x 18
H16	59¼	26	22½	15¾	15¾	25	24	36	16 x 18
H18	59¼	28	22½	17¾	15¾	27	24	36	18 x 18

USE GAS FOR GOOD COOKING



USEFUL RECIPES



quart of water. (4) When done place on a hot dish and serve with sauce. (5) Time for cooking: 20 minutes for each lb. and 20 minutes over.

TO GRILL MEAT

Do not attempt to grill inferior meat. Choose tender chops, steaks, or fillets: heat and grease the grid and brush the article to be grilled with oil, butter or margarine. Place the articles to be grilled on a grid and cook under rather fierce heat until brown on one side, then turn and brown the other side. The meat should plump out and be very juicy and slightly underdone. How much underdone is a matter of taste, but, roughly speaking, a mutton cutlet may be grilled for about six minutes, a chop eight, and a steak eight to ten according to size and thickness.

When turning the meat, use the blades of two knives: if you dig a fork into it the juice escapes. The gas may be turned down after the meat has browned in the case of a thick chop or steak. No gravy beyond that which comes from the meat when cut should be served with a grill.

TO MAKE GRAVY


When the meat is cooked, pour off from the dish nearly all the fat, but not the sediment. Add a little meat extract and browning, with hot water or stock; bring to the boil, and pour over the joint. When the gravy is required for poultry, pork or veal, a little flour should be stirred in before bringing to the boil.

TO ROAST POULTRY AND GAME

Heat the oven the same as for a joint, and roast on a grid shelf. Greased paper should be placed over the breast to keep the skin from cracking and removed half-an-hour before roasting is finished. Dredge the bird with flour, then turn up the gas to complete the browning. Serve with bread sauce, gravy, and little rolls of bacon.



USE GAS FOR EFFICIENCY



THE "REGULO" AUTOMATIC OVEN HEAT CONTROLLER

When food is cooked in the oven of any ordinary gas cooker a great deal of time is wasted running to and fro to see "how it is getting on."

The "Regulo" enables the temperature of the oven to be fixed at any point required for the preparation of food. It is only necessary to turn the graduated disc until the pointer is opposite the suitable mark, to ensure that the oven is heated to the required extent, and is maintained at that exact heat all the time. In about ten to fifteen minutes from lighting-up, the food is put in, and no further attention is needed till the end of the cooking period, when the food will be found correctly cooked.

"REGULO" ADVANTAGES

Oven Correctly Heated

Whatever the quantity of food, the gas is automatically adjusted, and the oven cannot become too hot.

Waste of Gas Avoided

Even the most skilled cook will some time or other leave the gas burning too high; the "Regulo" prevents this.

Freedom from Worry

During cooking the cook has to watch frequently lest overheating occur. The "Regulo" eliminates this worry and does the watching.

Time-Saving

While the "Regulo" is watching, the user is free to attend to other housework without any anxiety.

Think what this means in taking the worry and uncertainty out of cooking. Visit one of our showrooms and see the wonderful "Regulo" Controlled Cookers.

All the "New World," "Eureka New World" and "New World Junior" Cookers are fitted with the "Regulo."

For examples of "Regulo" settings, see page 19.



USE GAS FOR GOOD COOKING

USEFUL RECIPES

IRISH STEW

Ingredients—

1 lb. neck of mutton	2 or 3 onions
about 6 potatoes	2 teaspoons flour
$\frac{1}{2}$ teaspoon pepper	1 teaspoon salt
1 breakfast cup water	

Method—

(1) Wipe and trim meat, cut into pieces and coat with the flour. (2) Peel the potatoes and cut into halves or in slices. (3) Peel and cut onions into slices. (4) Place meat in saucepan, then onions and then potatoes. (5) Pour over the water, and simmer until meat is tender (about $1\frac{1}{2}$ hours).

HARICOT STEW

Ingredients—

1 lb. neck chops	
1 carrot	1 teaspoon salt
1 turnip	pepper
1 onion	2 cups water
2 teaspoons flour	

Method—

(1) Place chops in pan and allow some of the fat to frizzle away. (2) Remove meat and fry vegetables in fat until slightly brown. (3) Coat meat with flour and add to vegetables and allow flour to brown. (4) Add water and simmer until meat is tender (about $1\frac{1}{2}$ hours).

STEWED STEAK

Ingredients—

1 lb. lean steak	$\frac{1}{2}$ tablespoon dripping
1 onion	1 tablespoon flour
pepper	1 teaspoon salt
1 breakfast cup water	

Method—

(1) Wash and cut meat into pieces and coat with flour. (2) Peel and cut up onion and fry a light brown in hot fat. (3) Add meat and allow flour to brown. (4) Add water and simmer for 2 to $2\frac{1}{2}$ hours.

USE GAS FOR CLEANLINESS

THE "REGULO" COOKING CHART

THESE SETTINGS AND TIMES ARE MERELY GIVEN AS A GUIDE, BUT
MAY BE TAKEN GENERALLY AS REASONABLY ACCURATE

Food to be cooked.	Set "Regulo" at Mark		Time required for cooking (from time of inserting food)
	"New World"	"N.W. Junior"	
Meat - - - -	7 or 8	8 or 9	Time to roast depends on size of joint. (See Note A at foot).
Poultry or Game -	7	8	Time to cook varies. (See Note B at foot).
Bread - - - -	7	9	Top tier of 2lb. loaves, 45 minutes. Bottom tier of 2lb. loaves, 55 min- utes. (See Note C at foot).
Cakes—			
„ Tea - - - -	7	9	Top tier 20-25 minutes. Bottom tier 25-30 minutes.
„ Sponge - - -	7	8	10-20 minutes according to size.
„ Queen, etc. -	5	7	20-25 minutes.
„ Macaroons -	3	4	20 minutes.
Large Cakes: i.e.,			
Madeira - - -	4	6	1-2 hours.
Fruit - - - -	2	3	1 hour per lb.
Pastry, Puff - -	10	10	10-15 minutes. Use 2nd or 3rd shelves and do not place too near the back of the oven.
„ Tarts - - - -	7	8	25 minutes.
„ Jam or Lemon Cheese Tartlets	7	8	15 minutes.
Pies—Pork (raw ma- terials) - - -	4	6	Varies with size (2-2¼ hours for 20 oz. size).
Ditto — after cooking contents - - -	8	9	30 Minutes
Yorkshire Pudding -	7 or 8	8 or 9	25-30 minutes according to size.
Milk Puddings, Con- tents of Pies, Stews, etc. - - - -	1	2	1½ hours. (See Note D at foot).

NOTE A. Use 2nd or 3rd grid from top of oven—give oven 10 or 15 minutes to get hot, then insert joint and allow 20-25 mins. for each 1 lb. weight, for small joint up to 3 lbs.; 15-20 mins. per lb. for joints between 3 and 7 lbs.; 12-15 mins. per lb. for joints between 7 and 16 lbs.; proportionately less time per lb. for heavier joints. Basting is unnecessary.

To have joint well done throughout, set "Regulo" at 7 and allow a little longer. For well-browned outside and slightly underdone inside, set "Regulo" at 8, and give a little less time.

NOTE B. The following times will serve as a guide:—

Chicken _____	½ hour.	Fowl _____	¾ to 1 hour.
Duck _____	¾ to 1¼ hours.	Goose _____	1½ to 2 hours
Turkey _____	1½ to 2¼ hours (according to size).		

A little good beef dripping on top of bird obviates basting.
Sausages may be placed in tin and cooked at same time.

NOTE C. "Regulo" setting required for Cakes varies.

Heavy material requires lower number and longer time. If cake proves nicely browned but uncooked in centre, "Regulo" setting was too high. To correct, use lower "setting" and longer time. (Test cake with hot knife or skewer.)

NOTE D. Milk puddings are best cooked at low temperature to allow proper swelling of the rice, etc. If it is desired to cook them simultaneously with a joint of meat, at mark 7 or 8, they should be covered with a plate for the first hour and when the rice is soft, the plate should be removed, and the pudding allowed 15 minutes for browning.

USE GAS FOR CONVENIENCE

USEFUL RECIPES

LIVER AND BACON

Ingredients—

1 lb. liver
1 tablespoon flour
 $\frac{1}{2}$ lb. bacon

pepper and salt
2 cups water or stock

Method—

(1) Wash and dry liver. (2) Cut into slices about $\frac{1}{2}$ -inch thick and dip into the flour, to which salt and pepper have been added. (3) Fry the bacon, remove it from the pan and fry liver till it is cooked (10—15 minutes). (4) Dish liver on a hot plate and place bacon on top. (5) Add flour to the fat and brown it; add water, and simmer for 3 minutes. (6) Pour the gravy round liver and bacon.

FRIED SAUSAGES

Method—

(1) Place a little dripping in the frying pan and heat slowly until blue smoke rises. (2) Prick sausages, and they may be coated with flour. (3) Fry sausages gently for 10 minutes, turning occasionally. (4) Place sausages on hot dish, pour away nearly all the fat and then make the gravy.

YORKSHIRE PUDDING

Ingredients—

3 tablespoons flour
 $\frac{1}{2}$ pint milk
2 eggs

salt and pepper
hot beef dripping

Method--

(1) Beat up eggs. (2) Add milk. (3) Mix with flour, etc. (4) Beat well. (5) Allow mixture to stand one hour after mixing. (6) Bake 20 minutes in hot oven. (7) Serve hot.

COTTAGE PIE

Ingredients—

1 cup cooked meat
1 cup cooked potatoes
2 teaspoons chopped onions

pepper and salt
gravy

Method—

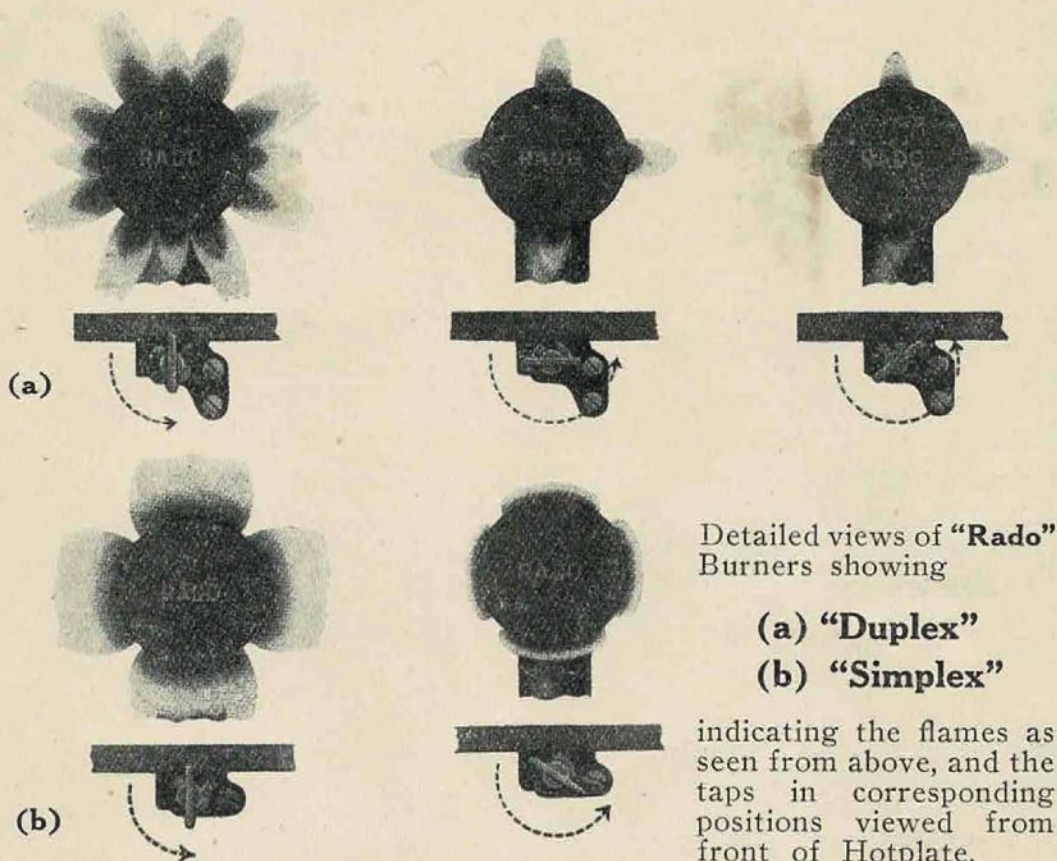
(1) Free meat from skin, bone and gristle, chop finely or mince it. (2) Put meat into a pie-dish with onion, seasoning, and enough gravy to moisten it. (3) Mash the potato and pile on top of meat.

(Continued on page 24)

USE GAS FOR DEPENDABILITY

THE HIGH-EFFICIENCY BURNERS

The "New World" Cookers are fitted with "Duplex" Burners and three-position "Simplex" Burners; and the "Eureka New World" and "New World Junior" Cookers with two-position "Simplex" Burners, in addition to Griller Burners; and all are easily removable for cleaning. The varied flames are illustrated below, and intermediate adjustments can be made at will. In these burners the flames are fully protected: they cannot become choked, and in economy and other important respects they are in advance of other makes.



THE "DUPLEX" Burner simplifies cooking as no other burner does. This is effected by the novel four-position tap.

From the "off-position" the first quarter-turn gives "full-on" supply for very rapid heating, or for the largest vessels.

The next quarter-turn gives a "simmering" flame for maintaining a "gentle-boil" even with the largest vessels, once they are heated up.

A further small turn, till the stop is reached, gives a "minimum" flame, for preparing sauces or prolonged stewing. Three hours' stewing can be done at a cost of less than a farthing for gas.

THE "SIMPLEX" Two-position Burners have "full-on" and "off" positions only. The "Simplex" three-position Burners have "full-on," "simmering" and "off" positions.

All other Cookers described in this booklet are fitted with burners similar to the two-position "Simplex" Burners.

USE GAS FOR LABOUR-SAVING

"EUREKA NEW WORLD" COOKER

This Cooker is the latest development of the universally popular "New World" Cooker, incorporating improvements resulting from continuous research work carried on since the introduction of the original "New World" Cooker. In efficiency, general utility, and saving of labour, it occupies a position entirely by itself.

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The Hotplate is fitted with the new "Semisol" top and loose single bars; the "Rado" High-efficiency Burners (as described on page 21), all of which are easily removed for cleaning.

The "Semisol" Top has been designed to attain the advantages of a flat surface without the drawbacks of a wholly solid hotplate. It covers only half the hot-plate, the other half having bars of the single, straight type. Its flat surface is most suitable for use with small vessels which have a tendency to tip over if placed on the bars; while the bars, in their turn, are more convenient and efficient for large utensils.

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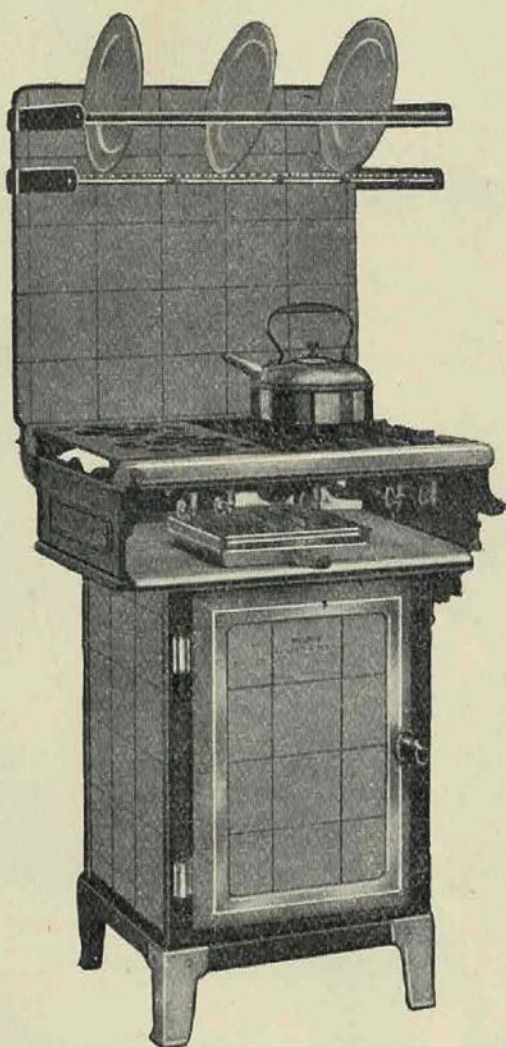
The Oven is of ample proportions, and has been specially designed so as to give additional space at the bottom of the oven for low temperature cooking. This is ideally suited for cooking milk puddings, etc., at the same time that the upper main portion of the oven is being used for high-temperature work, such as roasting joints, etc.

There are no loose shelf supports: all grids, etc., being carried directly on the smooth enamel sides, which greatly simplifies cleaning. The shelves are rigidly supported when drawn out for examining food.

In this oven there is only one burner, and this being controlled by the "Regulo" (see page 17), results in a great saving of gas and labour as compared with cookers of other types.

"REGULO" HEAT CONTROLLER

"EUREKA NEW WORLD" COOKER



**The Cooker with the One
Burner Oven and Bottom Flue
Outlet at the back**

In this series, the "Eureka New World" Cookers embody all the features enumerated on the previous page, while the white porcelain enamelled (tile pattern) outer casing gives the "Eureka New World" an exceedingly bright and attractive appearance, which makes it a credit to any kitchen.

DIMENSIONS WITH WHITE ENAMELLED EXTERIOR SIDES

No. of Cooker	Door opening		Inside of Oven			Size of Hotplate		Overall Heights	
	Height	Width	H.	W.	D.	Width	Depth	With Plate-rack	Less Plate-rack
	ins.		ins.			ins.		ins.	ins.
G11	19 x 13		19 x 13	x 13½		22	x 20	55½	34
G22	19 x 14½		19 x 14½	x 13½		24	x 20	55½	34
G33	19 x 16		19 x 16	x 13½		24	x 20	55½	34

WITH CAST BLACK EXTERIOR SIDES

No. of Cooker	Door opening		Inside of Oven			Size of Hotplate		Overall Heights	
	Height	Width	H.	W.	D.	Width	Depth	With Plate-rack	Less Plate-rack
	ins.		ins.			ins.		ins.	ins.
G1	19 x 13		19 x 13	x 13½		22	x 20	55½	34
G2	19 x 14½		19 x 14½	x 13½		24	x 20	55½	34
G3	19 x 16		19 x 16	x 13½		24	x 20	55½	34

MAKES COOKING AUTOMATIC

USEFUL RECIPES

(4) Smooth the top of the potatoes, brush over with milk and bake in moderate oven until browned. (5) Serve hot, garnished with parsley.

CURRY

Ingredients—

1 lb. cooked meat
1 green apple
1 tablespoon flour
pepper and salt

1 onion
1 dessertspoon curry powder
1 teaspoon chutney
 $\frac{1}{2}$ tablespoon fat
2 cups stock or water

Method—

(1) Peel and chop onion and apple. (2) Heat fat and fry onion and then add all other ingredients except meat. Cook gently till apple is soft (about $\frac{1}{2}$ -hour). (3) Cut meat into small pieces and add a few minutes before serving. (4) Serve with boiled rice as a border.

CORNISH PASTIES

Ingredients—

$\frac{1}{2}$ lb. short pastry
 $\frac{1}{4}$ lb. cooked or raw meat

1 potato
1 onion
pepper and salt

Method—

(1) Roll out pastry and cut it in rounds about the size of a saucer. (2) Cut meat and potatoes into small pieces and chop onion. (3) Mix meat, potato, onion, pepper and salt on a plate. (4) Place a portion in centre of each round, wet edges of the pastry, press together and curve. Prick with fork. (5) Brush over with milk and bake in a hot oven about half an hour.

SAUSAGES AND ONIONS

Ingredients—

1 lb. sausages
1 breakfast cup stock or water

1 tablespoon flour
1 onion
pepper and salt

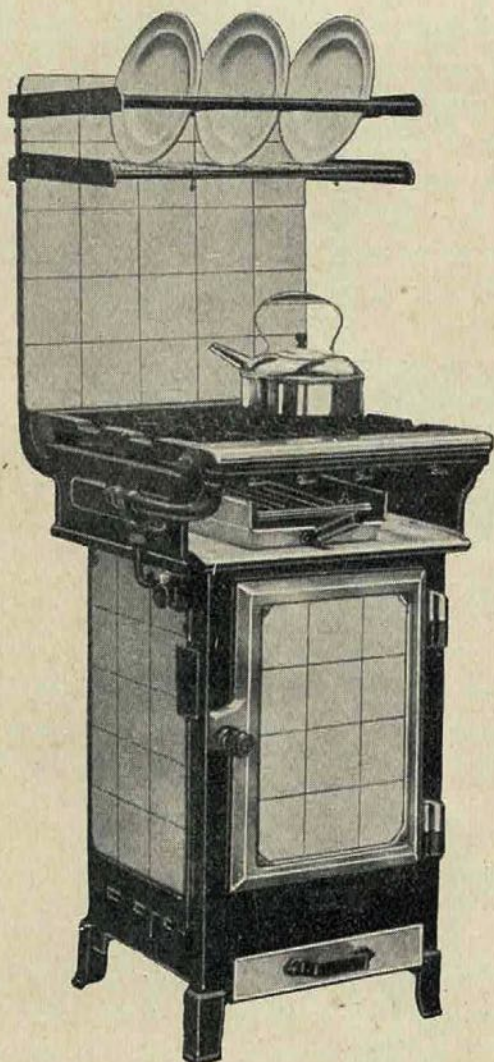
Method—

(1) Chop up onion, add pepper and salt, cover with stock or water and bring to the boil. (2) Wash and prick sausages and add to the onions. (3) Simmer for $\frac{1}{2}$ -hour and then thicken with the flour mixed to a smooth paste with a little milk. (4) Serve with mashed potatoes as a border.

USE GAS FOR GOOD COOKING

"NEW WORLD JUNIOR" COOKER

WITH WHITE ENAMELLED SIDES



The "New World Junior" Cooker embodies almost all the striking features that have made the "New World" Cooker so remarkably popular, among them being high efficiency, great utility, absence of trouble, and exceptional cleaning facilities.

The hotplate has the celebrated "Rado" Burners, which are a wonderful advance on the old ring-type burner. (See page 21)

The oven is praised by all cooks, novice and expert alike, for its evenly-heated cooking space, automatic self-control of gas, and easy cleaning. Years of cooking experience could never give the sure confidence in perfect results that the "New World Junior" Oven, with the "Regulo" Heat Controller (see page 17) gives.

The Hotplate Bar is the single straight type, so designed that the flames do not come in contact with it. The bars are each a separate unit and can be lifted out quickly and as speedily replaced, thus being easily cleaned. The solid end bar with its special channels ensures perfect combustion.

DIMENSIONS

No. of Cooker	Door opening		Inside of Oven			Size of Hotplate		Overall Height	
	Height	Width	H.	W.	D.	Width	Depth	With Plate-rack	Less Plate-rack
	ins.		ins.			ins.		ins.	ins.
G55	18	x 13	24½	x 13	x 13½	20	x 20	56	36
G77	18	x 14½	24½	x 14½	x 13½	22	x 20	56	36
G99	18	x 16	24½	x 16	x 13½	24	x 20	56	36

USE GAS FOR ECONOMY

USEFUL RECIPES

RABBIT PIE

Method—

(1) Cut a rabbit into neat pieces. (2) Roll them in flour. (3) Lay them in a pie-dish with some slices of bacon. (4) Season with chopped onion, grated nutmeg, pepper and salt. (5) Add a layer of sliced potatoes and half a pint of water. (6) Cover with paste and bake. (7) When the crust is baked, turn the gas down, remove the pie from the oven and stand it on the enamel plate until the oven has cooled down, then replace it in the oven for an hour to cook the meat.

VEGETABLES

BOILED POTATOES

Method—

(1) Choose potatoes of uniform size. (2) Wash, peel thinly, remove eyes, place in cold water. (3) Put in boiling salted water. (4) Cover and cook gently till soft. (5) Strain; cover with cloth. (6) Steam 5 to 7 minutes.

BAKED POTATOES

Method—

(1) Choose potatoes of uniform size. (2) Wash, peel thinly, remove eyes; dry. (3) Place in baking dish round the meat about 1 hour before joint is to be served. (4) Turn to brown both sides.

POTATO CHIPS

Method—

(1) Cut raw potatoes into slices $\frac{1}{4}$ -inch thick, then into strips. (2) Dry well. (3) Deep fry in smoking hot fat till nicely browned. (4) Drain on soft paper. (5) Sprinkle with salt.

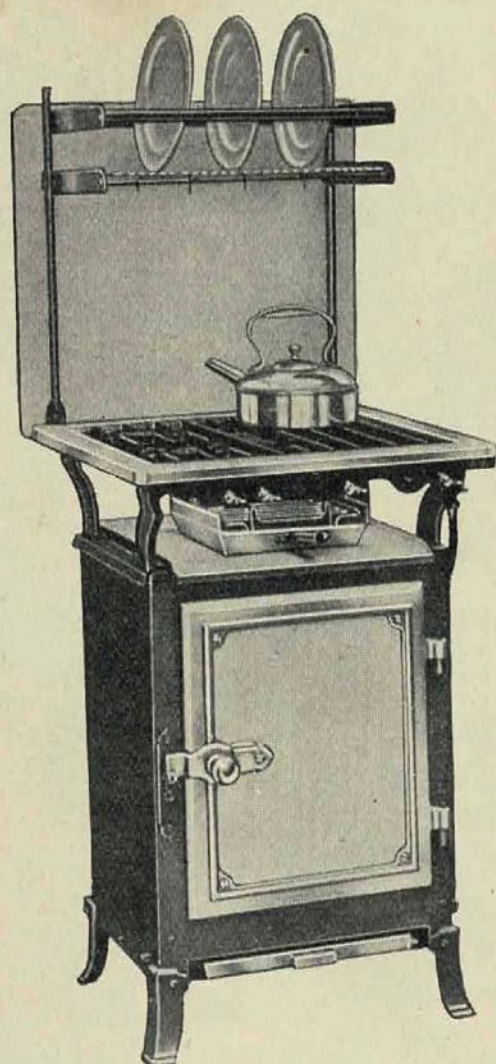
ESCALLOPED POTATOES

Method—

(1) Cut cold boiled potatoes in cubes and put in greased pie dish. (2) Pour over a thin white sauce seasoned with pepper and salt. (3) Cover with grated breadcrumbs and a few pieces of butter. (4) Bake in moderate oven 20 to 30 minutes.

USE GAS FOR ECONOMY

THE "ERA" COOKER



**A popular and dependable
Cooker moderately priced**

The "Era" Cooker is fitted with High Efficiency Burners and new open-type hot-plate bars, which ensure perfect combustion and great economy in gas consumption. The Oven is enamel lined and packed.

The Cooker stands on legs, which permits easy cleaning of the floor underneath, and the white enamel door-panel adds a decided smartness to the appearance of the kitchen.

All Burners fitted with Gas and Air Adjusters.

DIMENSIONS

Door opening		Inside of Oven			Size of Hotplate		Overall Heights	
Height	Width	H.	W.	D.	Width	Depth	With Plate-rack	Less Plate-rack
ins.		ins.			ins.		ins.	ins.
18	x 15	24 x 16 x 12½			22	x 21	55	35

USE GAS FOR CONVENIENCE

USEFUL RECIPES

STEWED CARROTS

Method—

(1) Cut carrots in rounds or dice. (2) Cook slowly in a very little water till soft. (3) When cooked add salt, pepper, butter and chopped mint.

BOILED ONIONS

Method—

(1) Remove skins from onions. (2) Place into boiling salted water; cook till tender. (3) Drain well and serve with white sauce.

MASHED TURNIPS

Method—

(1) Peel the turnips, cut them in quarters. (2) Place into boiling salted water and boil till quite tender. (3) Drain well; press out all the water; add a piece of butter and a little milk or cream. (4) Mash all together smoothly. Season and serve very hot.

PARSNIPS

Parsnips are cooked the same way as turnips.

GREEN VEGETABLES

Method—

(1) Put on in boiling salted water and cook quickly with the lid off the saucepan.

BOILED CABBAGE

Method—

(1) Remove outer leaves and cut cabbage in halves or quarters. (2) Soak in cold salted water for at least half an hour. (3) Put into fast-boiling salted water and boil with the lid off the saucepan till tender (20 to 30 minutes). (4) Drain well, cut across in 4 or 5 places, add butter, pepper and salt.

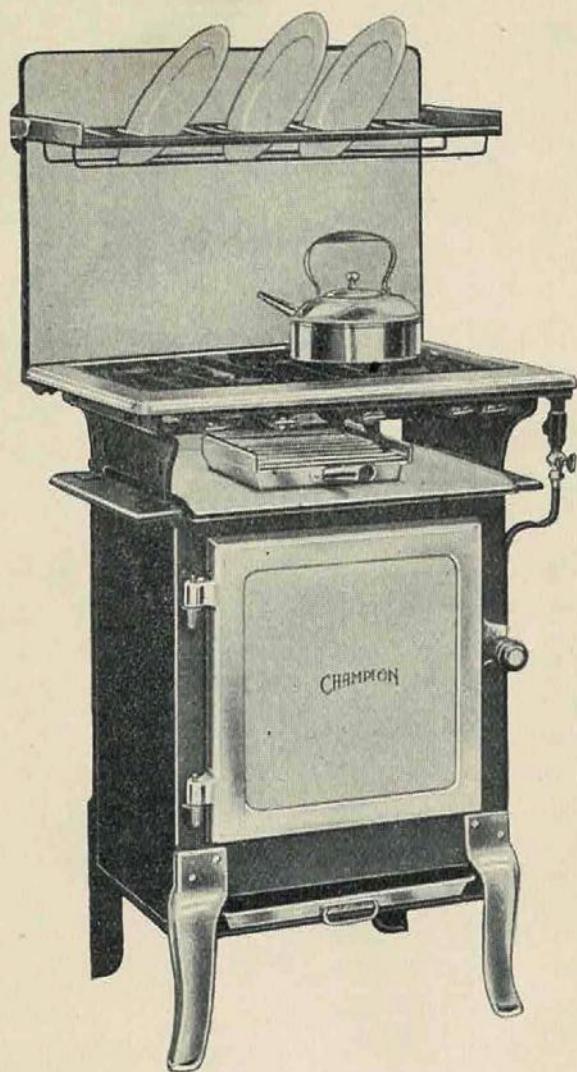
SPINACH

Method—

(1) Wash well in several waters to remove grit. (2) Put in saucepan and cook, uncovered, 10 to 20 minutes. (3) Press down and turn spinach several times while cooking; drain well. (4) Chop finely, season with butter, pepper and salt. (5) Serve very hot.

USE GAS FOR LABOUR-SAVING

THE "CHAMPION" COOKER



"A" Pattern—Enamel lined and packed, with white enamel raised door and white enamelled sides; four boiling burners and one grill burner; all bright parts, including taps, nickel plated.

"B" Pattern—Enamel lined & packed, with white enamel raised door and black sides; 4 boiling burners and 1 grill burner; all bright parts, including taps, nickel plated.

"C" Pattern—Enamel lined and packed, with white enamel raised door and black sides; 3 boiling burners and 1 grill burner, Bright Steel Finish.

"D" Pattern—Single lined cooker with white enamel raised door and heavy cast sides; 3 boiling burners and 1 grill burner, Bright Steel Finish.

The "Champion" Gas Cooker, **made in New Zealand by New Zealand labour**, presents a bright and pleasing appearance, and has many attractive features which have made it so exceptionally popular.

DIMENSIONS

Door opening		Inside of Oven			Size of Hotplate		Overall Heights	
Height	Width	H.	W.	D.	Width	Depth	With Plate-rack	Less Plate-rack
ins.		ins.			ins.		ins.	ins.
16½	x 16	20	x 16	x 12	25	x 19	57	37

USE GAS FOR ECONOMY

USEFUL RECIPES

BOILED MACARONI OR SPAGHETTI

Ingredients—

$\frac{3}{4}$ cup macaroni or spaghetti	2 quarts boiling water
1 cup cream	1 tablespoon salt

Method—

(1) Cook macaroni or spaghetti in boiling salted water from 20 to 30 minutes, or until soft. (2) Drain, pour over it cold water to separate the pieces. (3) Add cream, re-heat and season with salt, or use as required for sweet or savoury dishes.

RE-HEATED MACARONI OR SPAGHETTI

Ingredients—

Cooked spaghetti	Grated cheese
Tomato pulp	

Method—

(1) Drain spaghetti and re-heat in tomato pulp. (2) Sprinkle with grated cheese or with buttered crumbs and bake till brown.

BOILED RICE

Method—

(1) Have a saucepan of fast boiling water; add salt. (2) Wash rice well, and place into the boiling water. (3) Allow to boil quickly without the saucepan lid on for 17 minutes, till the grains are soft. (4) Strain through a colander, wash the rice in cold water and allow to dry in the saucepan near the fire. (5) Stir the rice occasionally with a fork while it is drying.

BEANS AND BACON

Ingredients—

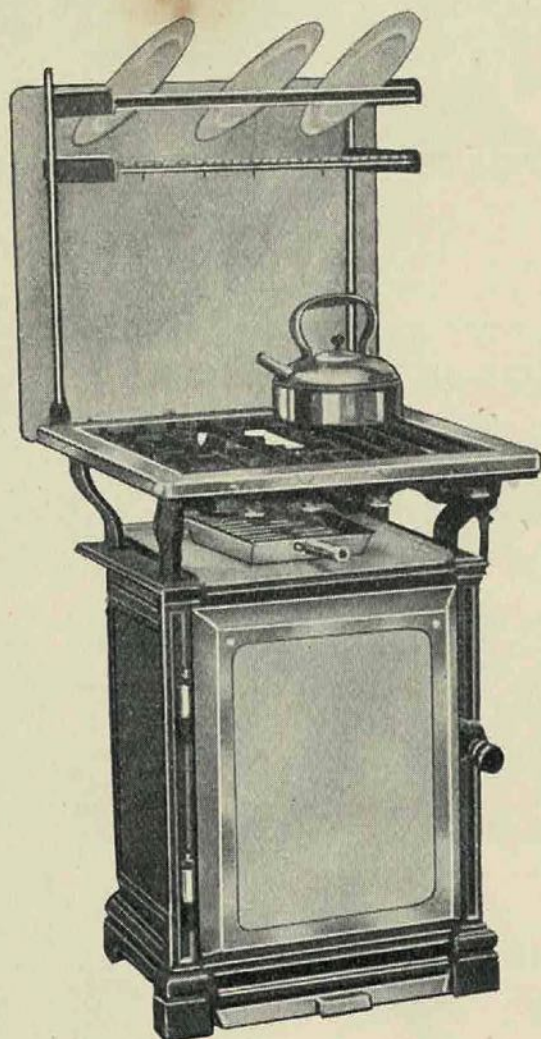
2 cups haricot beans	2 slices fat bacon
2 onions	pepper and salt

Method—

(1) Soak beans in cold water for 12 hours. (2) Boil till tender. (3) Cut the bacon into neat pieces. (4) Parboil the onions and chop finely. (5) Put alternate layers of the ingredients in a pie-dish; add seasoning. (6) Cover closely and bake in a moderate oven one hour.

USE GAS FOR GOOD COOKING

THE "TE WHARE" COOKER



The "Te Whare" Cooker has been specially designed to meet the demand for an up-to-date Cooker inexpensive in price.

The Oven is single-cased, with the exception of the door, which is packed with non-conducting material and fitted with porcelain enamelled lining and white enamelled outside panel. Can also be supplied with black cast iron door.

The Hotplate is the same as fitted to the well-known "Era" Cooker, which has made such rapid progress in the Public favour.

The bright parts of the "Te Whare" can be had in either Nickel-plated or polished steel finishes.

DIMENSIONS

Door opening		Inside of Oven			Size of Hotplate		Overall Heights	
Height	Width	H.	W.	D.	Width	Depth	With Plate-rack	Less Plate-rack
ins.		ins.			ins.		ins.	ins.
19	x 14½	23	x 15	x 12	22	x 21	52	32

USE GAS FOR EFFICIENCY



USE GAS FOR ECONOMY



DIRECTIONS FOR BAKING WITH GAS OVEN

1. For pastry and cakes, the oven must be made thoroughly hot before using.

2. Fruit cakes should be put into an oven which has been thoroughly heated. The gas should then be lowered and the cake cooked in a slowly failing heat, until finished.

3. With the "New World," "Eureka New World" and "New World Junior" Cookers, fruit cakes should be put in an oven which has been thoroughly heated, and the "Regulo" then turned down to the correct figure for the kind of cake to be baked, and left until finished. Do not open the oven for 2 hours.

For examples of "Regulo" settings, see page 19.


4. Place cakes on grid shelf, without a tray.

5. Keep the browning shelf at the top of the oven. ("New World," "Eureka New World" and "New World Junior" Cookers do not require browning shelves.)


6. Do NOT place water in the drip pan.

An ingenious device on the "New World," "Eureka New World" and "New World Junior" Cookers—the "Regulo" Heat Controller—automatically keeps the temperature of the oven at the proper degree for the cooking in hand. For instance, suppose you want to cook a chicken. The handy chart supplied with each of these Cookers (see page 19) tells you to set the pointer of the "Regulo" to Fig. 7, and leave the chicken in the oven for 30 minutes. The setting is a simple hand movement. When this is done you can leave the oven to look after itself with the comforting assurance that a perfectly cooked meal will result.

For description of the "Regulo" see Page 17.



USE GAS FOR CONVENIENCE



USEFUL RECIPES

PUDDINGS ETC.

PLUM PUDDING

Ingredients—

1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon bi-carb. of soda
2 cups breadcrumbs	$\frac{1}{2}$ cup sugar
1 cup suet (chopped)	$\frac{1}{2}$ lemon rind and juice
1 cup fruit (currants, sultanas, peel)	1 egg
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon spices
	1 cup milk (about)

Method—

(1) Cut peel into thin shreds or chop finely. Clean the fruit. (2) Mix all the dry ingredients. (3) Add beaten egg and sufficient milk to make the mixture rather moist. (4) Boil in a well-greased pudding basin for about four hours. (5) When done turn out and serve with a sweet sauce.

NOTE.—Puddings may be steamed if liked.

CHRISTMAS PUDDING

Ingredients—

$\frac{1}{2}$ lb. flour	$\frac{1}{2}$ lb. currants
$\frac{1}{2}$ saltspoon salt	$\frac{1}{4}$ lb. citron peel (chopped finely)
2 ozs. breadcrumbs	$\frac{1}{2}$ lb. almonds
6 ozs. brown sugar	1 grated nutmeg
6 ozs. suet (chopped finely)	1 gill brandy
$\frac{1}{2}$ lb. raisins	5 eggs
$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ teaspoon carbonate soda

Method—

(1) Mix ingredients well together. (2) Tie in strong pudding cloth. (3) Put into plenty of boiling water and boil 5 hours. (4) Serve with brandy sauce.

PLAIN SUET PUDDING

Ingredients—

1 cup flour	$\frac{1}{8}$ teaspoon salt
3 or 4 tablespoons chopped suet	$\frac{1}{2}$ teaspoon baking powder

USE GAS FOR DEPENDABILITY

USEFUL RECIPES

Method—

(1) Mix dry ingredients and make into a stiff dough with cold water. (2) Dip a pudding cloth in boiling water, flour it well, put in the pudding and tie it up securely, leaving room for it to swell. (3) Place into fast-boiling water, and boil $1\frac{1}{2}$ hours. Serve with sweet sauce, syrup or treacle.

COLLEGE PUDDING

Ingredients—

2 ozs. butter	2 ozs. sugar
$1\frac{1}{2}$ cups flour	1 teaspoon baking powder
1 egg	$\frac{1}{2}$ cup milk
essence of lemon	2 tablespoons jam

Method—

(1) Sift flour and powder. (2) Cream butter and sugar. (3) Add well beaten egg, milk and essence. (4) Add flour and mix well. (5) Put jam in bottom of greased mould. (6) Put in mixture. (7) Steam 30 to 40 minutes.

BREADCRUMB PUDDING

Ingredients—

$\frac{1}{2}$ pint milk	1 tablespoon butter
$1\frac{1}{2}$ ozs. breadcrumbs	rind $\frac{1}{2}$ lemon
1 egg	1 oz. sugar
salt	

Method—

(1) Boil the milk, adding sugar, butter, salt and rind. (2) Pour on to the crumbs, taking out the rind. (3) When cool stir in the beaten egg. (4) Pour into a buttered pie-dish and bake till set.

ORANGE PUDDING

Ingredients—

2 eggs	$\frac{1}{2}$ pint milk
4 ozs. flour	1 orange or dried orange peel

Method—

(1) Make a batter with the eggs, flour and milk. (2) Flavour with grated orange rind. (3) Pour into a greased basin. (4) Tie a cloth over it and boil for an hour. (5) Remove the cloth, let the steam escape, turn out and serve with orange sauce.

USE GAS FOR GOOD COOKING

USEFUL RECIPES

SNOWDON PUDDING

Ingredients—

$\frac{1}{4}$ lb. finely chopped suet	$\frac{1}{4}$ teaspoonful carbonate of soda
$\frac{1}{4}$ lb. fresh breadcrumbs	1 heaped tablespoonful of marmalade
2 tablespoonfuls of ground rice	3 eggs
$\frac{1}{4}$ lb. brown sugar	

Method—

(1) Mix the suet, breadcrumbs, ground rice, sugar and carbonate of soda together. (2) Mix the marmalade with the well-beaten eggs. (3) Add them to the dry ingredients. (4) Beat all well. (5) Put into a well-greased basin. (6) Boil for two hours. (7) Serve on a hot dish, with marmalade round.

MARMALADE PUDDING

Ingredients—

$\frac{1}{4}$ lb. flour	5 tablespoonfuls of orange marmalade
$\frac{1}{4}$ lb. breadcrumbs	the grated rind and strained juice of 1 lemon
2 ozs. sugar	2 eggs (well beaten)
4 ozs. finely chopped suet	

Method—

(1) Mix all the ingredients. (2) Beat well. (3) Boil in a buttered mould for two hours. (4) Serve with sweetened white sauce poured round the pudding.

FRUIT PUDDING

Ingredients—

Suet crust (1 cup flour, etc.)	Sugar
Fruit	Cold water

Method—

(1) Prepare the fruit. (2) Roll pastry out thinly and line a greased pudding basin with it. (3) Half fill the lined basin with fruit, add sugar to sweeten, add a little water and fill basin with fruit. (4) Wet edges, cover with a lid of pastry. (5) Steam 2 hours, turn out, and serve hot.

NOTE.—This pudding may be boiled.

JAM ROLL

Ingredients—

Short crust (1 cup flour)	Stiff jam or marmalade
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USEFUL RECIPES

Method—

(1) Roll pastry into an oblong strip. (2) Spread with jam or marmalade, leaving a margin at the edge. (3) Wet the edges and roll up. (4) Tie in a scalded and floured cloth and boil steadily from 1½ hours. (5) Turn out and serve very hot.

NOTE.—This pudding may be baked in a hot oven.

DATE PUDDING

Ingredients—

1 level breakfast cup chopped suet	
1 cup stoned dates	½ nutmeg (grated)
2 level cups flour	½ teaspoon carb. soda
½ cup sugar	¾ cup milk

Method—

(1) Dissolve carb. soda in milk. (2) Mix all ingredients together. (3) Steam for 3 hours.

GOLDEN SYRUP PUDDING

Ingredients—

6 ozs. flour	2 tablespoons golden syrup
3 ozs. butter or dripping	½ teaspoon carb. soda
2 ozs. brown sugar	1 tablespoon milk
2 eggs	

Method—

Same as for Date Pudding.

WHOLEMEAL PUDDING

Ingredients—

1 large breakfast cup Wholemeal	¼ lb. melted butter
1 large breakfast cup bread crumbs	1 cup raisins, dates or sultanas
2 tablespoons brown sugar	1 breakfast cup milk
1 teaspoon baking power	salt

Method—

(1) Mix all dry ingredients. (2) Add remainder. (3) Steam 3 hours.

STEAMED PUDDING

Ingredients—

1 breakfast cup flour	2 tablespoons milk
1 teaspoon baking power	¼ lb. butter
2 tablespoons sugar	raspberry jam
2 eggs	salt

USE GAS FOR EFFICIENCY

USEFUL RECIPES

Method—

(1) Beat together sugar and butter. (2) Add whisked eggs with milk. (3) Add flour, salt and baking powder. (4) Grease a pudding basin and put layer of jam on bottom. (6) Pour in mixture and steam $1\frac{1}{2}$ hours.

BAKED RICE PUDDING

Ingredients—

2 ozs. rice
1 pt. milk

2 tablespoons sugar
 $\frac{1}{4}$ teaspoon salt,
nutmeg

Method—

(1) Grease the dish. (2) Wash rice well. (3) Put rice, milk and sugar in dish. (4) Place dish in baking dish containing water. (5) Cook slowly until done (about two hours). (6) Sprinkle nutmeg on top.

CHOCOLATE CORNFLOUR MOULD

Ingredients—

1 cup milk
1 teaspoon cocoa
 $\frac{1}{8}$ teaspoon salt

2 tablespoons cornflour
1 tablespoon sugar

Few drops essence of vanilla.

Method—

(1) Put $\frac{3}{4}$ -cup of milk and the sugar into double saucepan. (2) Mix cornflour and cocoa to a smooth paste with $\frac{1}{4}$ -cup of milk. (3) When milk is hot add cornflour, stirring all the time. (4) Stir till thick. (5) Cook five minutes. (6) Pour into prepared mould.

DATE MOULD

Ingredients—

1 lb. stoned dates
juice of half a lemon

simple blancmange

Method—

(1) Pour over dates a tea-cup boiling water and allow to stand awhile. (2) Beat with a wooden spoon until reduced to pulp. (3) Wet mould and place alternately blancmange and date pulp, finishing with the former. (4) Serve cold with custard or whipped cream.

NOTE.—Prunes may be substituted for dates.

USE GAS FOR CONVENIENCE

USEFUL RECIPES

FRUIT PUFFS

Ingredients—

1 cup flour
1 teaspoon salt
2 tablespoons fruit (sultanas, dates, figs)
1 teaspoon baking powder
3/4 cup milk

Method—

(1) Sift dry ingredients into bowl. (2) Add fruit. (3) Make well in centre, add milk and mix to a stiff batter. (4) Pour into greased mould. (5) Steam 30 to 40 minutes. (6) Serve with sweet white sauce.

JELLIED PRUNES

Ingredients—

1/2 lb. prunes
2 cups cold water
1 cup sugar
1 lemon
1/2 oz. gelatine
1/4 cup cold water { Soak together
10 minutes

Method—

(1) Wash prunes and soak for several hours in the two cups cold water. Cook in the same water till soft, adding thinly peeled lemon rind. (2) Remove prunes, stone, and cut in quarters. (3) To the prune water add enough boiling water to make 1 pint. Add the softened gelatine and water, lemon juice and sugar, and stir over heat until dissolved. Strain over the prunes. (4) Stir twice till stiffened. Serve with cream or custard sauce.

STEWED FRUIT

Ingredients—

6 or 8 apples, peeled, cored and sliced
2 to 4 tablespoons sugar
a very little water

Method—

(1) Put all into a clean stewpan and cook gently till the apples are soft. Rhubarb, gooseberries, plums, peaches, etc., may be stewed in the same way. The quantity of sugar and water varies with different fruits.

NOTE.—Fruit may be stewed in a jar in the oven instead of in a stew pan. Flavouring such as cloves, cinnamon stick may be used.

BAKED APPLES

Ingredients—

4 large cooking apples
4 tablespoons sugar
rind of half lemon cut in pieces
8 cloves
1 cup water

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USEFUL RECIPES

Method—

(1) Wipe the apples and cut through the skin right round the apple. (2) Put them in a baking dish with the water, sugar, cloves and rind. (3) Bake in a moderate oven till the apples are soft and the syrup forms a jelly. (4) Put the apples on a dish, take the cloves and rind out of the syrup, then pour it over the apples.

APPLE TURNOVER

Ingredients—

$\frac{1}{2}$ lb. short paste
baking apples

sugar
cloves

Method—

(1) Make $\frac{1}{2}$ lb. of plain short paste. (2) Roll it into an oval shape. (3) Peel, slice and core as many good baking apples as can be piled on half the paste. (4) Fold it across the apples, pressing and twisting the edges so that the juice may not escape. (5) Place on a greased flat tin. (6) Bake in a moderate oven. (7) Serve hot.

LEMON PIE

Ingredients—

1 lemon	2 ozs. sugar
1 tablespoonful cornflour	1 egg
$\frac{1}{2}$ pint boiling water	1 oz. butter
pastry to line and cover the dish	

Method—

(1) Grate the lemon rind and squeeze the juice out. (2) Work the cornflour into a smooth paste with cold water. (3) Pour a cupful of boiling water on it. (4) Stir till slightly thickened. (5) Add the juice and grated peel of the lemon, with the sugar and well-beaten egg. (6) Line a pie dish with paste. (7) Place the lemon mixture in it. (8) Cover with another crust, and bake. (9) An improvement is to add 1oz. of butter to the lemon mixture.

SAUCES

WHITE SAUCE

Ingredients—

1 cup milk (or milk and water)	$\frac{1}{8}$ teaspoon salt
1 tablespoon butter	pepper
4 tablespoons flour	

USE GAS FOR GOOD COOKING

USEFUL RECIPES

Method—

(1) Melt butter, add flour and stir till smooth. (2) Add liquid gradually and stir till the sauce boils. (3) Cook 3 minutes; add seasoning. (4) Serve hot.

White Sauce forms the foundation for many other sauces:—

Parsley Sauce—1 cup white sauce, 1 tablespoon chopped parsley.

Onion Sauce—1 cup white sauce, 1 boiled chopped onion.

Anchovy Sauce—1 cup white sauce, 1 tablespoon anchovy essence.

CUSTARD SAUCE

Ingredients—

1 egg

1 teaspoon cornflour

1 teaspoon sugar

1 breakfast cup milk

Flavouring

Method—

(1) Blend cornflour with a little cold milk. (2) Heat remainder of milk in a saucepan and pour over the cornflour. (3) Return to pan and stir till mixture thickens. Cook a few minutes. (4) Beat egg well and add with the sugar. (5) Return to the heat to set the egg; must not boil, or will curdle.

RASPBERRY SAUCE

Ingredients—

1 tablespoon raspberry jam

$\frac{1}{2}$ teaspoon arrowroot

$\frac{3}{4}$ -cup water

Method—

(1) Boil jam and water for 10 minutes, then strain. (2) Mix the arrowroot with a little cold water. (3) Boil the syrup and pour in the arrowroot. (4) Stir till it boils and serve with puddings.

PASTRIES, BREAD, CAKES, ETC.

SHORT PASTRY

Ingredients—

$\frac{1}{4}$ lb. butter

1 tablespoon fine sugar

yolk of egg

2 tablespoons of milk

$\frac{1}{2}$ lb flour

pinch of salt

flat teaspoon baking
powder

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USEFUL RECIPES

Method—

✓ (1) Work together butter, sugar and eggs. (2) Add milk, then flour, with salt and baking powder. (3) Make to a smooth paste.

RASPBERRY TARTS

(Short Pastry)

Ingredients—

✓ $\frac{1}{2}$ lb flour
pinch salt
 $\frac{1}{4}$ lb butter

1 tablespoon castor sugar
1 teaspoon baking powder
little milk to make stiff
dough

Method—

(1) Sift together flour, salt, and sugar. (2) Rub into dry mixture with butter. (3) Moisten with milk. (4) Roll out. (5) Cut into shape. (6) Line patty pans. (7) Place in spoonful of jam. (8) Bake in moderate oven.

FRUIT PIE

Ingredients—

Fruit
Cold water

Sugar
Short pastry

Method—

(1) Prepare the fruit according to its kind, and fill a piedish with fruit and sugar. Pile the fruit high in the centre. (2) Add a little water. (3) Roll out paste and cut off some strips. Wet edge of pie-dish and place on a strip of pastry. (4) Wet strip and cover with lid of pastry. Mark neatly. (5) Bake about 35 minutes in a moderately hot oven.

APPLE BALLS

Ingredients—

Short pastry (1 cup flour, etc), 3 cloves or a little nutmeg
3 or 4 apples
Sugar

Method—

(1) Roll out the pastry thinly and cut into 3 or 4 rounds. Use up scraps. (2) Peel and core apples, fill centre with sugar and 1 clove. (3) Cover with pastry. Brush with water, sprinkle with sugar. (4) Bake about 30 minutes. Test with skewer.

TOAD-IN-THE-HOLE

Ingredients—

Batter as for Pancakes $\frac{1}{2}$ lb. sausage meat
Salt and pepper

USE GAS FOR LABOUR-SAVING

USEFUL RECIPES

Method—

(1) Prepare batter and allow to stand for a time. (2) Grease a baking tin. Place in the meat and seasoning. (3) Pour the batter over the meat and bake in a moderately hot oven for $\frac{3}{4}$ -hour.

Ingredients—

SUET CRUST

1 cup flour

$\frac{1}{2}$ teaspoon baking powder

4 tablespoons suet (chopped)

$\frac{1}{8}$ teaspoon salt

cold water

Method—

(1) Sift flour, salt, and baking powder into basin. (2) Shred and chop suet finely and add. (3) Mix all to a stiff dough with cold water. (4) Turn on to a floured board. Knead and roll out. Use as required for meat and fruit puddings, suet puddings, apple balls, jam rolls, etc.

Ingredients—

FLAKY PASTRY

1 cup flour

$\frac{1}{4}$ teaspoon salt

3 tablespoons butter

$\frac{1}{3}$ cup water

Method—

(1) Sift flour and salt into a basin. (2) Divide butter into four equal portions. (3) Rub one portion lightly into the flour with finger tips. (4) Make well in centre, add water and mix to a fairly stiff dough, using knife. (5) Turn on to floured board, knead lightly, roll into a long strip. (6) Mark in three, using back of knife. (7) Take second portion of butter, divide, put one half in small pieces on top, and one half on bottom; flour slightly. (8) Fold the strip of pastry evenly in three, turn half way round so that the open edge is at the left-hand side. (9) Press the open edges together and lightly roll it out into a long strip again. (10) Repeat (7), (8), (9) till all the butter is used. (11) Continue rolling and folding till the butter is evenly mixed through the dough. (12) Roll out to shape and thickness required. Uses: Meat pies, sausage rolls, tartlets, etc.

Ingredients—

SAUSAGE ROLLS

$\frac{1}{2}$ lb flaky pastry

1 lb sausages

Method—

(1) Skin sausages and divide into 2 or 4 pieces. (2) Roll out pastry and cut into squares. (3) Place a piece of sausage on each square, damp one end and fold over. (4) Mark with three cuts on top and glaze with egg or milk. (5) Bake in hot oven 20 minutes.

USE GAS FOR CLEANLINESS

USEFUL RECIPES

ROLLED OATS BISCUITS

Ingredients—

$\frac{1}{4}$ lb. butter	3 cups rolled oats
1 egg	$1\frac{1}{2}$ cups flour
$\frac{1}{4}$ lb. brown sugar	salt
1 tablespoon golden syrup	1 teaspoon baking powder

Method—

(1) Work together sugar, butter, egg, and golden syrup. (2) Add rolled oats, then flour and baking powder. (3) Roll out and cut into shapes. (4) Bake in moderate oven.

GINGER NUTS

Ingredients—

1 cup flour	1 teaspoon ground ginger
1 tablespoon butter	$\frac{1}{4}$ teaspoon baking soda
2 tablespoons sugar	$\frac{1}{8}$ teaspoon salt
1 tablespoon treacle	

Method—

(1) Melt butter, sugar and treacle. (2) Add the other ingredients and mix to a stiff paste. (3) Roll out, cut into biscuits, place on a greased tin. (4) Bake in a moderate oven till crisp. (5) Remove at once from the tin and cool gradually.

SODA SCONES

All measures are level

Ingredients—

2 cups flour	1 teaspoon cream of tartar
1 tablespoon butter	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{8}$ teaspoon salt	1 teacup milk (about)
2 teaspoons sugar	

Method—

(1) Sift flour, salt into basin. (2) Rub in butter, add dry ingredients and mix well. (3) Mix to a soft dough with milk. (4) Knead lightly and roll into a round. (5) Cut in neat pieces and bake 10 to 12 minutes in a hot oven.

NOTE.—The butter may be left out if a very plain scone is required.

FRUIT SCONES

Use above recipe, adding 1 tablespoon fruit (sultanas, dates, or other fruit).

USE GAS FOR CONVENIENCE

USEFUL RECIPES

BAKING POWDER SCONES

Ingredients—

3 level breakfast cups flour
saltspoon of salt
3 teaspoons baking powder
1 oz. butter
1 breakfast cup milk

Method—

(1) Sift together dry ingredients. (2) Rub in butter. (3) Add milk and mix lightly. (4) Bake in quick oven.

GIRDLE SCONES

Ingredients—

3 breakfast cups flour
2 teaspoons baking powder
salt
2 ozs. butter (melted)
1 dessertspoon sugar
milk

Method—

(1) Mix flour and salt. (2) Work in butter. (3) Add baking powder. (4) Work into a scone dough with equal parts of milk and water.

WHEATMEAL SCONES

Ingredients—

2 breakfast cups wheat-meal
1 breakfast cup flour
3 teaspoons baking powder
3 ozs. butter
1½ heaped teaspoons sugar
1 egg (optional)
1 large cup milk
salt

Method—

(1) Mix wheatmeal, flour, baking powder and salt, and make into a stiff dough with milk. (2) Cream sugar and butter and work in. (3) Roll and cut into shapes. (4) Place on cold, floured oven plate. (5) Bake in hot oven.

PANCAKES

Ingredients—

1 egg
1 breakfast cup milk
1 teacup flour
⅛ teaspoon salt

Method—

(1) Beat egg and add milk to it. (2) Sift flour and salt into basin. Add half the egg mixture and make a smooth batter. Beat well. (3) Add all the liquid and let stand for ½-hour. (4) Melt a little lard in a fry pan and make hot. (5) Pour in sufficient batter

USE GAS FOR ECONOMY

USEFUL RECIPES

to cover the fry pan and fry lightly. (6) Turn and fry the other side. (7) Turn on to a sugared paper, add a squeeze of lemon juice, roll up and serve immediately.

Ingredients—

2 cups flour
1½ teaspoons yeast
1 teaspoon sugar

BREAD

1 teaspoon salt
1¼ cups warm water (about)

Method—

(1) Put flour in a warm basin and sprinkle salt round edge. (2) Mix yeast, sugar and half the water together. Stir into the flour. (3) Mix to a light dough with the remainder of the water, adding more if necessary. (4) Beat well with a wooden spoon, sprinkle with flour, put in a warm place and leave dough to rise about 1 hour. (5) Turn on to a floured board, knead well for 5 minutes, divide in two pieces. (6) Place in greased tins. Leave to rise for 10 minutes. (7) Bake in a hot oven 35 minutes.

WHOLEMEAL BREAD

Ingredients—

1 cup wholemeal
1 teaspoon yeast
½ teaspoon sugar

¼ teaspoon salt
½ teacup tepid water (about)

Method—

(1) Cream yeast and sugar; add water. (2) Mix wholemeal and salt in basin and make a well in centre; pour in yeast liquid and mix to a slack dough with wooden spoon. Beat well. (3) Turn on to floured board. Knead lightly. Place in greased tin. (4) Let rise till double in size. Bake 30 minutes in hot oven.

YORKSHIRE TEA CAKES

Ingredients—

1 cup flour
½ tablespoon butter
1 teaspoon sugar
1 teaspoon compressed yeast

¼ cup milk
⅓ egg
⅛ teaspoon salt

Method—

(1) Sift flour and salt; add sugar. (2) Melt butter in saucepan, add milk and let it get luke warm. (3) Mix egg, milk and yeast, and add to dry ingredients. (4) Beat well with wooden spoon. (5) Turn on to floured board. Knead. (6) Put into greased

USE GAS FOR DEPENDABILITY

USEFUL RECIPES

tin and put in warm place to rise ($\frac{1}{2}$ -hour). (7) Bake in hot oven 15 to 20 minutes. (8) When almost baked glaze with sugar and milk.

PARKERHOUSE ROLLS

Ingredients—

1 cup flour	1 teaspoon butter
1 teaspoon yeast	1 teaspoon lard
1 teaspoon sugar	$\frac{1}{2}$ teaspoon salt
1 tablespoon warm water	$\frac{1}{2}$ cup milk (scalded)

Method—

(1) Scald milk, add sugar, fats and salt. Cool until luke warm. (2) Soften yeast in warm water and add with half the flour. (3) Beat, cover and let rise till light, cut down and add rest of flour, making a smooth dough. (4) Let rise over hot water till doubled in size. Toss on a lightly floured board, knead and roll out a third of an inch thick. Cut into rounds. (5) Dip the handle of a spoon in flour, and with it make a crease through the middle of each piece, brush one half of each piece with melted butter, fold and press edges together. (6) Place on a greased tin one inch apart, cover, and let rise. (7) Bake in a hot oven 12 to 15 minutes.

PLAIN STANDARD CAKE

Ingredients—

1 cup flour	few grains salt
$1\frac{1}{2}$ tablespoons butter	$\frac{1}{4}$ teaspoon vanilla
3 tablespoons sugar	$\frac{1}{2}$ egg
$\frac{3}{4}$ teaspoons baking powder	$\frac{1}{2}$ cup milk (about)

Method—

(1) Prepare oven and tin. (2) Cream the butter and sugar. (3) Beat egg and add. (4) Add flour and milk alternately in small quantities; beat well. (5) Add flavourings and place in prepared tin. (6) Bake in a moderate oven till firm on top.

A.—CURRANT CAKE

Add to above ingredients—2 tablespoons currants, 1 teaspoon chopped peel.

B.—COCOANUT CAKE

Add to above ingredients—3 tablespoons cocoanut.

C.—SPICE CAKE

Add to above ingredients— $\frac{1}{2}$ teaspoon cinnamon, 3 cloves, $\frac{1}{4}$ teaspoon grated nutmeg.

D.—COCOA CAKE

Add to above ingredients—1 tablespoon cocoa.

USE GAS FOR EFFICIENCY

USEFUL RECIPES

CHRISTMAS CAKE

Ingredients—

5 eggs	$\frac{1}{4}$ lb. lemon peel
$\frac{1}{2}$ lb. brown sugar	2 ozs. figs (chopped)
$\frac{1}{2}$ lb. butter	10 ozs. flour
$\frac{1}{2}$ lb. raisins	1 teaspoon essence
$\frac{1}{2}$ lb. sultanas	1 grated nutmeg
$\frac{1}{2}$ lb. currants	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{4}$ lb. almonds (chopped)	
wineglass brandy	

Method—

(1) Grease tins with butter. (2) Line tins with paper. (3) Beat butter and sugar to a cream. (4) Add eggs one at a time. (5) Add flour and fruit alternatively, mixing well. (6) Lastly add brandy. (7) Place in hot oven on grid-shelf, half pressure, gradually decreasing. (8) Bake 3 hours.

ORANGE CAKE

Ingredients—

$\frac{1}{4}$ lb. butter	1 large breakfast cup of flour
2 eggs	salt
$\frac{3}{4}$ teacup of sugar	1 teaspoon baking powder
grated rind and juice of orange	

Method—

(1) Cream butter and sugar. (2) Add orange rind. (3) Beat in eggs. (4) Add flour and baking powder. (5) Bake in a moderate oven. (6) When cold, ice with icing sugar flavoured with orange juice.

GINGER BREAD

Ingredients—

$\frac{1}{2}$ lb. soft dripping	1 teaspoon spice
$\frac{3}{4}$ teacup brown sugar	1 teaspoon carb. soda
1 teacup milk	1 dessertspoon ground gin- ger
$\frac{3}{4}$ teacup golden syrup	
2 breakfast cups flour	
1 handful sultanas or chopped walnuts	

Method—

(1) Melt together slowly, dripping, sugar, syrup and milk. (2) When quite melted and quite hot, sift into mixture flour and soda. (3) Place in hot oven, reducing pressure to one-quarter.

USE GAS FOR CLEANLINESS

USEFUL RECIPES

EGGLESS FRUIT CAKE

Ingredients—

$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon mixed spice
$1\frac{1}{2}$ tablespoons butter	few grains cinnamon
$1\frac{1}{2}$ tablespoons sugar	few grains cloves
$\frac{1}{4}$ teaspoon baking soda	few grains nutmeg
1 teaspoon treacle	3 tablespoons fruit
few grains salt	1 teaspoon finely chopped peel
$\frac{1}{4}$ teaspoon vinegar	3 or 4 tablespoons sour milk

Method—

(1) Cream butter and sugar. Add treacle mixed with soda, then milk. (2) Sift all spices and flour together, add to moist ingredients; beat well. (3) Add prepared fruit, peel and vinegar; mix quickly and turn into prepared tin. (4) Bake in a moderate oven about $\frac{3}{4}$ -hour, or until a skewer leaves cake clean.

FRUIT CAKE

Ingredients—

1 cup flour	essence
2 ozs. sugar	2 ozs. butter
1 teaspoon baking powder	1 egg
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ cup fruit (sultanas, raisins, peel)

Method—

(1) Wash and dry fruit, cut peel in pieces. (2) Sift flour and powder. (3) Beat egg, add milk. (4) Cream butter and sugar with wooden spoon. (5) Add egg and milk slowly. (6) Add flour and fruit and mix well. (7) Pour into prepared tin. (8) Bake in moderately hot oven 30 to 40 minutes.

WALNUT CAKE (NO EGGS)

Ingredients—

1 cup flour	1 tablespoon sugar
1 oz. butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon soda	1 tablespoon fruit
$\frac{1}{2}$ teaspoon vinegar	1 tablespoon chopped walnuts

Method—

(1) Sift flour, dissolve soda in milk. (2) Mix flour and fruit. (3) Cream butter and sugar. (4) Add milk slowly. (5) Add flour and mix well. (6) Add vinegar last. (7) Put into greased tin and bake 20 to 30 minutes.

USE GAS FOR GOOD COOKING

USEFUL RECIPES

Method—

(1) Cream butter and sugar. (2) Add flour, baking powder, fruit, etc. (3) Place on greased oven trays and bake in moderate oven for 10 minutes. Note: To keep the rough shape, the mixture should be stiff and be placed in rough heaps.

MILK ROLLS

Ingredients—

2 cups flour
salt

1½ teaspoon baking powder
¾ cup milk
1 oz. butter

Method—

(1) Sift together dry ingredients. (2) Rub in butter. (3) Mix to soft dough with milk. (4) Form into small rolls. (5) Brush over with beaten egg. (6) Bake in hot oven for 10 minutes.

DATE CAKES

Ingredients—

¼ lb. butter
¼ lb. sugar
½ lb. flour

pinch of salt
1 egg
1 teaspoon baking powder

Method—

(1) Sift together flour, salt, and baking powder. (2) Rub in butter. (3) Add sugar. (4) Mix to stiff dough with the beaten egg. (5) Roll, cut out with biscuit cutter, put in date, and roll. (6) Bake in moderate oven.

GEMS

(To make 12 Gems)

Ingredients—

1 level breakfast cup flour
salt
1 dessertspoon sugar
1 egg

1 dessertspoon melted butter
¾ teacup of milk
1 teaspoon baking powder

Method—

(1) Make gem irons hot. (2) Grease. (3) Half fill with mixture. (4) Bake in hot oven.

CORONATION CAKES

Ingredients—

½ lb. flour
¼ lb. butter
2 eggs
2 tablespoons milk
1 small teaspoon baking powder

salt
essence lemon
preserved cherries
sultanas or currants

USE GAS FOR EFFICIENCY

USEFUL RECIPES

Method—

- (1) Cream butter and sugar. (2) Add milk, eggs, flour, etc. (3) Grease some patty tins, place on bottom the chopped fruit. (4) Place 1 dessert spoon of mixture in each tin. (5) Bake 15 minutes in moderate oven.

RASPBERRY BUNS

Ingredients—

1 lb. flour	3 ozs. castor sugar
1 teaspoon baking powder	1 egg
$\frac{1}{2}$ teaspoonful salt	1 gill milk
3 ozs. butter	raspberry jam

Method—

- (1) Sift the flour, salt, and sugar, and rub in the butter. (2) Beat the egg well and stir into the milk. (3) Mix with the flour to make a rather stiff dough. (4) Divide into 14 pieces and roll into balls between the palms of the hands. (5) Make a hole in the centre of each ball and into this put about half teaspoonful raspberry jam. (6) Close the hole, turn the bun upside down, brush all over with a little milk, and sprinkle with castor sugar. (7) Bake in a quick oven for 15 to 20 minutes. To vary these sprinkle with a little soft sugar.

SPONGE CAKE

Ingredients—

4 eggs	4 ozs. flour
4 ozs. sugar	$\frac{1}{2}$ teaspoon baking powder

Method—

- (1) Grease cake tin and dredge with sugar and flour. (2) Separate yolks from whites of eggs. (3) Beat whites till stiff. (4) Beat yolks and sugar till frothy. (5) Add yolks to whites and beat till sugar is dissolved. (6) Sift flour and powder and fold in very lightly with eggs. (7) Pour into prepared tin. (8) Bake in moderate oven till cake is firm (30—40 minutes).

SPONGE SANDWICH

Ingredients—

3 eggs	1 level breakfast cup flour
pinch salt	$\frac{1}{2}$ oz. butter, melted in
1 teaspoon baking powder	2 tablespoons hot milk
4 tablespoons castor sugar	

USE GAS FOR COMFORT

USEFUL RECIPES

Method—

(1) Beat eggs and sugar together till creamy. (2) Sift flour, baking powder, and salt into mixture. (3) Add a few drops of Vanilla essence. (4) Lastly add hot milk and butter. (5) Have the tins ready greased, and dusted over with fine sugar and flour. (6) Place on middle grid shelf, in hot oven, and bake 20 minutes.

FRUIT SPONGE

Ingredients—

3 tablespoons sugar
1 oz. butter
pinch salt
1 egg

1 level breakfast cup flour
1 teaspoon baking powder
1 tablespoon warmed milk

Method—

(1) Beat together sugar, butter and egg, adding flour, etc., lastly milk. (2) Have fruit ready cooked and hot; fruit must not be too moist. (3) Pour sponge mixture over fruit. (4) Place in hot oven, and bake half-an-hour.

WATER BISCUITS

Ingredients—

1 oz. butter
1 lb. flour

pinch of salt
water

Method—

(1) Rub the butter into the flour. (2) Add salt and stir in cold water to make a stiff, smooth paste. (3) Roll out very thin and cut into rounds. (4) Place on a greased floured baking sheet. (5) Prick with a fork. (6) Bake in a quick oven for about 10 minutes.

EGG RECIPES

POACHED EGGS

Method—

(1) Break an egg into a saucer and slip it into hot salted water. Simmer gently till the white is set. (2) Serve on buttered toast.

USE GAS FOR CONVENIENCE

USEFUL RECIPES

BOILED EGGS (HARD)

Method—

✓ Place eggs in cold water, bring to the boil, and boil for 10 minutes.

BOILED EGGS (SOFT)

Method—

✓ (1) Place eggs in boiling water and boil three to four minutes. Or (2) Bring water to boil, place egg in water, reduce heat (remove saucepan from flame) and allow egg to remain in water 7 minutes.

SCRAMBLED EGG ON TOAST

Ingredients—

✓ 1 egg
1 slice toast (buttered)
1 tablespoon milk
1 teaspoon butter
salt

Method—

(1) Beat the egg a little, add milk and salt. (2) Melt butter in a double saucepan. (3) Pour in mixture. (4) Cook gently till set, stirring all the time. (5) Serve at once on the toast.

Ingredients—

CURRIED EGGS

1 egg
 $\frac{1}{2}$ cup milk
seasoning
1 desertspoon flour
1 small onion
1 teaspoon dripping
 $\frac{1}{2}$ teaspoon curry powder

Method—

(1) Boil the egg hard. (2) Chop the onion finely. (3) Fry onion in dripping without browning. (4) Add curry powder and flour, then milk gradually, stirring all the time. (5) Cook 10 minutes. (6) Add egg cut in thick slices. (7) Arrange on a hot dish and serve with boiled rice.

EGGS IN PIPKINS

Ingredients—

✓ Fresh eggs
Chopped parsley
Seasoning
Mashed potato or mince if available

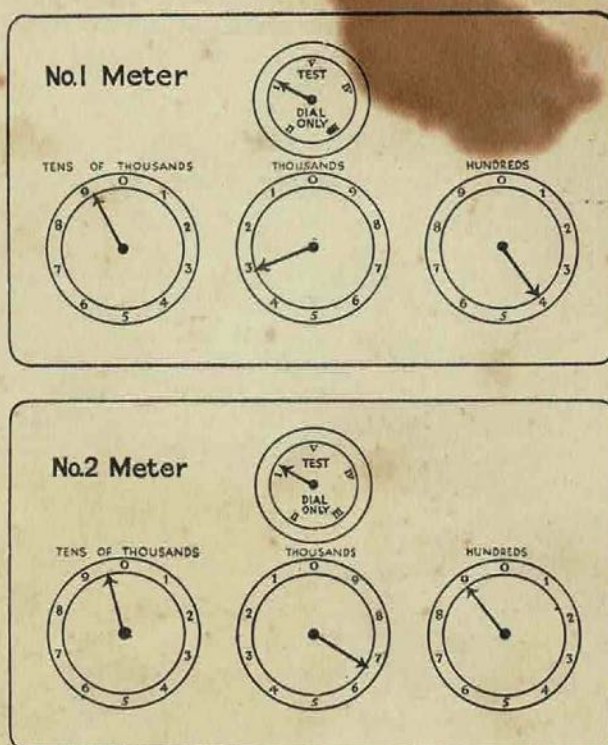
Method—

(1) Have the required number of pipkins and grease them. (2) Line with well-flavoured mince or mashed potato, cooked macaroni, or a little tomato purée. (3) Break the egg in. (4) Pour over a spoonful of milk or cream. (5) Place in a tin of hot water and cook until egg is just set.

USE GAS FOR COMFORT

GAS METER INDEX DIAL

You
Should
Read
Your
Own
Meter.



The top dial, being a test dial only, does not affect the reading of the meter to ascertain the consumption of gas, and may be ignored.

The above diagrams show facsimile readings of a meter at two different times. Gas consumption is recorded to the nearest hundred feet, the dials being read from left to right.

Meter No. 1 (previous reading), reads 934, and, being in hundreds of feet is shown thus	93,400
Meter No. 2 (present reading), 969, or	96,900
Difference representing actual consumption	3,500

NOTE.—The difference in consumption between the two readings in terms of tens of thousands of feet, as expressed in the left-hand dial, is hardly perceptible.

Gas gives more effective cooking heat for 1d than any other fuel, and is more convenient to use.

USE GAS FOR LABOUR-SAVING

58/00